

Sample Recipes

Chicken Paella

2 oz of rice for boiling
1 skinned & boned chicken breast
3 small or 1 large mushrooms
2 spring onions
1 sweet pepper (colour your choice)

Put 1 cup of water in a frying pan and turn the gas on high. Add rice and bring to the boil, stirring occasionally. Next cut chicken breast into ½ inch squares and in a separate frying pan put 1 tablespoon of oil. Put your chicken in the frying pan and cook for 10 minutes. Next cut the spring onions into ½ inch squares diagonally and put in with the chicken. Add the mushrooms and the pepper and cook for a further 8 minutes. Place in the pan with the rice stirring together for the remaining 2 minutes and serve. Eat while hot. Rice is the main ingredient of this dish and the meat can be changed for fish or just vegetables, but cut all the vegetables no bigger than ½ inch cubes.

Stir Fry Chicken Noodles

1 chicken breast or two chicken thighs—skinned and boned
¼ packet of bean shoots
1 packet straight to wok noodles
3 medium size mushrooms
½ onion
1 tablespoon of oil
1 red pepper (optional)
3 tablespoons of dark or light soya sauce (your choice)

Cut the chicken into strips and fry in the wok, halfway through cooking slice up the onion and put in the pan. Then add the mushrooms (sliced or diced) then add the pepper and the noodles and stir all together. Add the soya sauce and finally the bean sprouts and cook for 1 to 2 minutes. Serve and enjoy.



Barking & Dagenham
Mark Sutton Competition



Barking & Dagenham Scouts

invite you to

Mark Sutton 26th January 2008

at

6th B&D HQ
St. Mary's, Grafton Road
10:00 a.m. - 4:00 p.m.



Recipes