



Hamlyn QuickCook: Chicken

Emma Jane Frost

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Choose from 360 easy chicken dishes that can be made in 10, 20 or 30 minutes. Chicken is one of the nation's favourite meats and is a healthy, lean source of protein. The book includes exotic additions such as Jerk Chicken and Pepper Stir-fry, Chicken Drumstick Jambalaya and Chicken, Apricot and Almond Tagine; classic home comforts like Speedy Coq au Vin and Chicken, Cheese and Broccoli Bake; and light bites including Chicken Nachos and Chicken, Basil and Goat's Cheese Panini, ensuring you'll never tire of fresh ideas for this versatile ingredient.

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