



Chicken and vegetable soup

This is almost a complete meal, and great for sore mouths. It's also a fabulous use of leftover chicken, especially if others can also make it for the cancer patient.

Good food hygiene practices are essential particularly if you wish to freeze some soup for later.

Serves 4

INGREDIENTS

- 1 tbs grapeseed oil
- 2 onions, finely chopped
- 3 rashers of bacon (optional)
- 3 garlic cloves, chopped
- 1.5 litres chicken stock
- 500g raw or cooked chicken (shredded from roast thighs). *See method.
- 200g grains or rice (barley or risoni)
- 4 sticks celery
- 4 carrots
- 1 bunch silverbeet or kale
- 1 cup green vegetables (peas, zucchini, broccoli etc.)



METHOD

Heat oil in a large saucepan over medium-high heat, add onion, bacon and garlic and sauté until just tender (five to seven minutes).

Add chicken stock and 500ml hot water, increase heat to high, bring to the simmer. *Add chicken, if raw. (If cooked, chicken can be shredded and added later) and reduce heat to medium and simmer until cooked through (eight to ten minutes), then remove with a slotted spoon and set aside to cool slightly.

Add risoni and carrots to stock and cook until almost cooked through (3-5 minutes). Meanwhile, coarsely shred chicken (discard skin and bones) and set aside. Add all other veg to pan and cook until just cooked through (one to two minutes).

Return chicken to pan, stir through to heat, season to taste, scatter parsley over. Serve with crusty white bread.



Chicken and vegetable soup

Nutritional Information

Nutrient	Per Serve	Per 100g
Energy (kJ)	1584	333
Energy (Kcals)	384	80
Protein (g)	35	6.5
Total fat (g)	13	3
Saturated fat (g)	0.00	0.00
Carbohydrate (g)	29	6
Sugars (g)	4	1
Dietary fibre (g)	4	1
Sodium (mg)	1307	275

DIETITIAN'S NOTES

Owing to the meat content of this soup it is a delicious complete meal. Where appetite is small and only a half serve is manageable, it can be fortified before serving with additional olive oil and neutral flavour milk powder based supplements such as Sustagen Hospital Formula (with or without fibre), Proform, Advital or Enprocal. These powders can be sourced by your local chemist, or ask your dietitian for advice and samples.

It can be made in advance or by friends and frozen in single portion packs. In this instance it's a good idea to make the soup without frozen green peas and instead add them when reheating. This will maintain freshness, colour, flavour and texture.



Thyme roast chicken, sweet potato, sautéed greens and chicken jus

There is a common misconception that the family roast is a big ordeal to prepare in the kitchen when really its pretty straightforward. Greens can be substituted with whatever is in season and easily accessible (spinach, kale, snow peas, beans etc.) The chicken is stuffed full of thyme and lemon, allowing these flavours to be absorbed by the chicken and help to make extra delicious juices for the sauce.

Serves 4

INGREDIENTS

- 1 medium sized chicken (organic)
- 3 lemons, roughly chopped
- 1/2 bunch thyme
- 4 brown onions, peeled, halved
- 1 large sweet potato, peeled and cut into 3cm pieces
- grapeseed oil
- 1 bunch silverbeet, stalk removed and chopped
- 1 broccoli head, chopped
- 1 tsp grapeseed oil
- 1 tbs butter
- 1/4 tsp apple cider vinegar
- Pepper and salt



METHOD

Preheat oven to 220 C. In a large roasting pan scatter onions and sweet potato, toss with small amount of oil and season. Stuff chicken with lemon and thyme and then rub with oil and salt, place in roasting pan and roast at 220 C for 30 minutes, turn oven down to 180 C and roast for a further hour or until juices run clear. When the chicken is cooked, pull out of the oven and allow to rest for about 20 minutes.

While the chicken is resting, heat pan with a little oil, sauté the greens until just cooked.

Strain juices in the bottom of the roasting pan into a saucepan, bring to the boil and whisk in butter until melted and combine with the emulsified juices. Add vinegar and adjust seasoning then serve.



Thyme roast chicken, sweet potato, sautéed greens and chicken jus

Nutritional Information

Nutrient	Per Serve	Per 100g
Energy (kJ)	4237	684
Energy (Kcals)	1027	166
Protein (g)	75	12
Total fat (g)	65	11
Saturated fat (g)	17	3
Carbohydrate (g)	27	4
Sugars (g)	12	2
Dietary fibre (g)	11	1.7
Sodium (mg)	399	64

DIETITIAN'S NOTES

Roast Chicken is a wonderful addition to any meal as, like any meat, it is a high protein food with just 90g providing the optimal 25g protein we require from each of our three main meals daily to help maintain body muscle.

The protein and energy content of this recipe is high due to Lilly's generous meat portions. Even when this chicken is split into six serves it still contains double the optimal protein content per meal so it's a great idea to extend it into other meals such as soup, salads, fried rice, tasty sandwiches, wraps or sushi.

Dishes high in protein are also likely to be rich in essential minerals such as iron, zinc, calcium and magnesium, plus using the lemon and herb meat juices as a gravy captures all the B vitamins lost in cooking. Yum!

Please be Food Safe by rapidly cooling, then refrigerating any leftover chicken. Store in fridge if using the next day or freeze for longer shelf life.



Oat, coconut and banana bars

This is a play on a granola bar, but sugar free and less crunchy, so it easier to eat for cancer patients who may be experiencing mouth soreness.

Serves 4

INGREDIENTS

- 2 cups of oats
- 1/2 cup of shredded coconut
- 3 tbs pepitas (*edible seeds of the pumpkin*)
- 1/4 cup almonds
- 1 tsp cinnamon
- 1 tbs cacao nibs*
- 4 tbs coconut oil
- 3 bananas (mashed)



METHOD

Preheat oven to 170 C and grease a twelve muffin tin.

Combine all the dry ingredients in a bowl. Gently melt coconut oil and spread in a pot before whisking in the mashed banana.

Add banana to dry mix and combine thoroughly, then divide the mix into twelve and press into muffin tins.

Bake for 20-25 minutes or until golden and lightly crunchy.

- *Cacao nibs are cacao beans that have been roasted, separated from their husks, and broken into smaller pieces. Cacao nibs have a chocolate taste, but not quite as sweet as chocolate, which can make them more versatile.*



Oat, coconut and banana bars

Nutritional Information

Nutrient	Per Serve	Per 100g
Energy (kJ)	1046	1640
Energy (Kcals)	254	387
Protein (g)	5	7
Total fat (g)	19	30
Saturated fat (g)	13	21
Carbohydrate (g)	14	22
Sugars (g)	5	7
Dietary fibre (g)	4	7
Sodium (mg)	3	5

DIETITIAN'S NOTES

Lilly has developed this tasty high fibre & low sugar muesli bar recipe so that it is soft and easier to eat with a sore mouth.

The wholesome oats and pepitas (pumpkin seeds) boost the protein content of each bar to equal a thick slice of wholemeal bread or small egg.

Combined with Lilly's banana smoothie or other milk drink, these little beauties make very nutritious snacks for everyone.