

Four healthy ways to COOK CHICKEN

1 PAN-FRY

Flatten free-range chicken breasts so they are the same thickness (between 1-2cm) then cook with a little grape seed or olive oil in a moderately heated fry-pan. For extra flavour you can marinate chicken pieces with a dash of olive oil, lemon juice and seasonings like salt, pepper and fresh thyme.

2 BAKE

Line a sheet pan with baking paper and cook chicken in the oven for a simple and fuss-free option. It's the perfect method to get crunchy chicken but to stay away from deep frying.

3 POACH

When you want to keep your cooking extra lean, poaching skips the addition of oil all together. You can poach chicken in water, broth or even coconut milk for Asian-style curries.

4 STIR-FRY

This rapid cooking method works best with thin slices of free-range chicken breast or thigh fillet. Use an oil with a high-smoke point and cook alongside fresh colourful veggies for a healthy nutrient rich meal in minutes.

