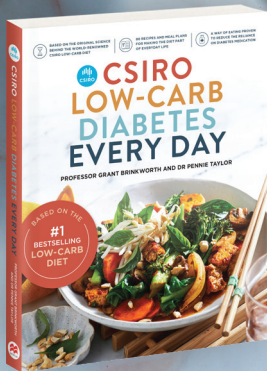


# ONE-PAN CHICKEN WITH ARTICHOKE, LEMON AND PARSLEY

Serves 4 Preparation: 10 minutes Cooking: 1 hour  
 Difficulty: Easy



# ONE-PAN CHICKEN WITH ARTICHOKE, LEMON AND PARSLEY

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 Difficulty: Easy

2 teaspoons extra virgin olive oil (see notes)  
4 chicken marylands (1.2 kg total), skin removed (600 g chicken meat in total) (see notes)  
3 zucchini, chopped into 3 cm pieces  
2 red onions, cut into wedges  
4 cloves garlic, crushed  
2 tablespoons white wine vinegar  
¼ teaspoon dried chilli flakes  
Lemon wedges, to serve (optional)

## ARTICHOKE TOPPER

600 g drained, rinsed tinned artichoke hearts in water, roughly chopped  
½ cup finely chopped flat-leaf parsley  
¼ teaspoon dried chilli flakes  
Juice of 1 lemon  
2 ½ tablespoons extra virgin olive oil

Preheat the oven to 200°C (180°C fan-forced).

Heat half the olive oil in a large frying pan over high heat. Add the chicken marylands, two at a time. Cook for 3 minutes on each side until seared and golden. Remove the chicken from the pan and repeat with the other marylands.

Place the seared chicken in a large, rimmed baking dish, along with the zucchini, onion and garlic. Pour in the vinegar and 1 cup (250 ml) water, then sprinkle the chilli flakes and remaining olive oil over the top. Bake for 45 minutes, or until the chicken is cooked through and the veggies are tender.

To make the artichoke topper, combine all the ingredients in a bowl.

Divide the chicken marylands and veggies between four plates, spooning any cooking juices over the top. Cover the chicken with the artichoke topper and finish with some freshly ground black pepper. Serve with lemon wedges, if desired.

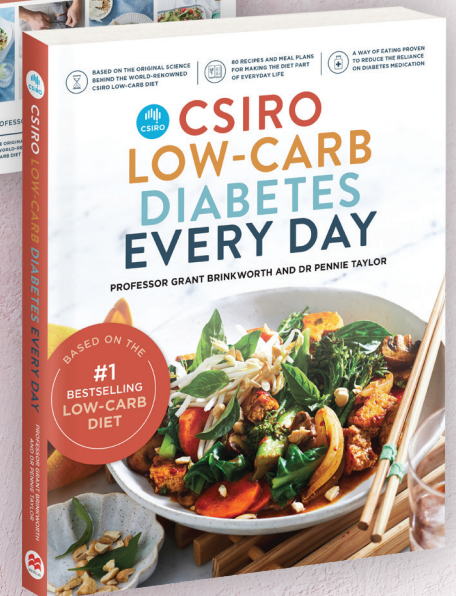
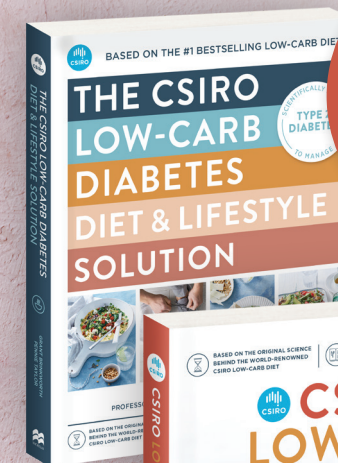
## NOTES

If you can't find chicken marylands, use any bone-in chicken pieces. You can also use 600 g chicken meat from a 1.2 kg butterflied chicken, which will cook in the same time period. You can ask your butcher to butterfly the chicken for you.

To ensure fat levels stay down, we recommend using an olive oil spray. Spray onto the pan or directly onto the chicken before frying. This will help control the amount of oil you need while ensuring the chicken is nice and golden.

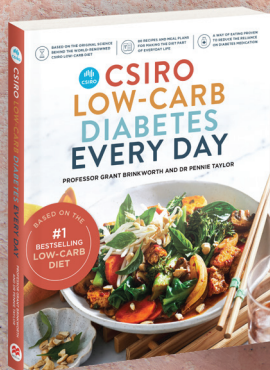
# Free

low-carb recipes from the CSIRO



# MELT-IN-YOUR-MOUTH BEEF STEW

Serves 4 Preparation: 20 minutes Cooking: 1 hour 45 minutes  
Difficulty: Easy



## MELT-IN-YOUR-MOUTH BEEF STEW

Serves 4 Preparation: 20 minutes Cooking: 1 hour 45 minutes  
Difficulty: Easy

- 2 tablespoons extra virgin olive oil
- 600 g lean diced beef
- 2 onions, finely diced
- 1 carrot, finely diced
- 1 zucchini, finely diced
- 3 sticks celery, finely diced
- 4 cloves garlic, sliced
- 2 tablespoons thyme leaves
- 2 tablespoons red wine vinegar
- 1 tablespoon salt-reduced tomato paste
- 1 x 400 g tin diced tomatoes
- 2 cups (500 ml) salt-reduced beef stock
- ½ bunch Tuscan kale, white stalks removed, roughly chopped
- 1 bunch broccolini, stalks sliced in half lengthways

Heat half the olive oil in a flameproof casserole over high heat, then cook the beef, in batches if necessary, for about 5–6 minutes until browned all over (ensure the pan is not overcrowded, so the meat sears instead of stewing). Transfer the beef to a plate and set aside.

Reduce the heat to medium and add the remaining olive oil to the casserole. Add the onion, carrot, zucchini and celery and cook, stirring regularly, for 15 minutes until softened and golden. In the last 3 minutes, stir in the garlic and thyme and cook until fragrant. Add the red wine vinegar and cook for 1 minute until it evaporates.

Return the beef to the pan, add the tomato paste and cook, stirring, for 1 minute, until the tomato paste starts sticking to the bottom of the pan. Add the diced tomatoes, beef stock and 2 cups (500 ml) water and bring to the boil. Reduce to a simmer, cover and cook for 1–1½ hours, until the beef is so tender it can easily be pulled apart with two forks.

Stir the kale through the stew, place the broccolini on top, then cover the casserole and simmer for 3–5 minutes until the broccolini has softened.

To serve, divide the beef stew between four bowls and season well with freshly ground black pepper.

### NOTES

The base of carrot, onion and celery cooked in a fat such as olive oil is known as a *mirepoix* and is an essential flavour base to many soups and stews.

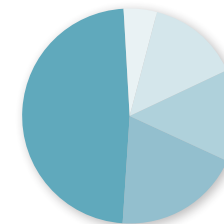
Cooking low and slow brings out the sweetness of the vegetables and adds a depth of flavour to this beef stew.

# THE CSIRO LOW-CARB DIABETES DIET: AN ALL-IN-ONE SOLUTION

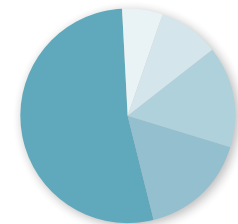
The CSIRO Low-carb Diabetes Diet is a prescriptive, energy-controlled, nutritionally complete eating plan that is lower in carbohydrate, and higher in proportions of protein and 'healthy' unsaturated fats (including monounsaturated and polyunsaturated fats).

## The CSIRO Low-carb Diabetes Diet compared to other eating patterns

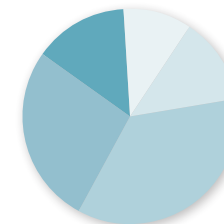
Compared to current average eating patterns in Australia, and traditional high-carbohydrate, low-fat diet plans used by many health professionals to manage type 2 diabetes, the CSIRO Low-carb Diabetes Diet is lower in carbohydrate and higher in protein and 'healthy' (unsaturated) fats.



Current eating patterns of Australians



Traditional higher-carbohydrate, moderate-protein, low-fat diet



The CSIRO Low-carb Diabetes Diet

- Carbohydrate
- Protein
- Monounsaturated fat
- Polyunsaturated fat
- Saturated fat



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