



Fast Chicken

The Australian Women's Weekly

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There are more than 180 recipes for fast chicken dishes in this book. Breasts, thighs, fillets, drumsticks, tenderloins and takeaway barbecued chicken are all given the fast treatment. Flavours include North African, Mediterranean, Asian, Italian, French, Spanish and Mexican. There are grills, barbecues, salads, stir-fries, pan-fries and bakes. You could eat chicken everyday using the recipes here and still not tire of it.

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