

Globally Inspired Chicken Recipes

Everyday Ingredients,
Extraordinary Flavours.



TABLE OF CONTENTS

Greek Rice & Feta Stuffed Peppers	6
Tokyo Summer Noodle Bowl	8
Stacked Tortilla Bake with Chicken Chili	10
Buffalo Chicken Mac & Cheese	12
Chicken Poke Bowl	14
One-Pot Chicken Fajita Rice Dinner	16



New Canadian Chicken Label.

Canadians want Canadian chicken.

We are making it easier for consumers to know that they are buying the highest quality chicken that is raised with care by Canadian farmers. Ask and look for the “Raised by a Canadian Farmer” logo wherever chicken is sold.



RAISED BY A | **ÉLEVÉ PAR UN**
CANADIAN | **PRODUCTEUR**
FARMER | **CANADIEN**

WHAT MAKES CANADIAN CHICKEN SO FRESH AND EASY TO FIND?

It's a sustainable, homegrown solution called **Supply Management!** In fact, it's been protecting Canadian families and farmers for over 60 years.

Here's how it works:

Canadian farmers carefully match what they grow to what you and other Canadians actually eat. No waste, no shortages. That keeps store shelves full and prices steady and reasonable – for you and for farmers – so your grocery budget goes further.

That means the chicken on your plate (and eggs, turkey, and dairy) was likely grown right here in British Columbia by a farming family. And it'll have been grown and delivered to you following some of the most strict animal welfare and food safety rules.

**Farmers are proud of it,
and families can count on it.**



BC Chicken Growers'
ASSOCIATION

The BC Chicken Growers' Association is a non-profit organization that represents and advocates on behalf of the 322 licensed chicken growers in BC.

The BCCGA is a proud partner of the Poultry in Motion Educational Program.



The BC Chicken Marketing Board is a regulated agricultural commodity board that monitors and regulates the production and marketing of chicken in British Columbia. The Board was established in 1961, the first of its kind in Canada.

Today, the BC Chicken Marketing Board envisions an innovative growing and sustainable chicken industry by engaging stakeholders to lead a growing chicken industry while enhancing public trust. We believe in BC's chicken growers, and we believe families deserve to eat the best chicken.

bcchicken.ca

WHEEL OF CHICKEN



RAISED WITHOUT ANTIBIOTICS

CHICKEN HAS NEVER BEEN TREATED IN ANY WAY WITH ANTIBIOTICS.

HORMONE/ STEROID FREE

- ALL CANADIAN CHICKEN IS RAISED WITHOUT ADDED HORMONES OR STEROIDS.
- THE USE OF HORMONES AND STEROIDS IN RAISING POULTRY IN CANADA HAS BEEN BANNED SINCE THE 1960S.

ORGANIC

GENERALLY, CHICKEN IS RAISED WITHOUT ANTIBIOTICS, IS FREE RANGE AND FED A CERTIFIED ORGANIC FEED THAT CONTAINS NO ANIMAL BY-PRODUCTS.

HALAL

- CHICKEN IS RAISED AND PROCESSED ACCORDING TO ISLAMIC LAW.
- MEAT IS CERTIFIED BY A MUSLIM ORGANIZATION. (IN BC, IT'S THE BC MUSLIM ASSOCIATION'S HALAL MANAGEMENT COMMITTEE.)



RAISED BY A CANADIAN FARMER | ÉLEVÉ PAR UN PRODUCTEUR CANADIEN

CHICKEN RAISED BY A LOCAL CANADIAN FARMER, WHO HAS SUCCESSFULLY COMPLETED ANNUAL AUDITS FOR FOOD SAFETY AND ANIMAL CARE.

VEGETARIAN GRAIN FED

CHICKENS ARE FED GRAIN THAT CONTAINS VEGETABLE PROTEIN SUCH AS SOY INSTEAD OF PROTEIN FROM ANIMAL SOURCES.

FREE RUN

- CHICKENS ARE ABLE TO MOVE AROUND FREELY WITHIN THE BARN.
- ALL CHICKENS RAISED FOR MEAT IN CANADA ARE FREE RUN.

¹The specific organic standards are laid out by Canadian General Standards Board and regulated by accredited organic certifying agencies, with government providing oversight authority.

BC BROILER HATCHING EGG COMMISSION



The BC Broiler Hatching Egg Commission represents and advocates for over 230 farmers who produce over 9,000,000 dozen broiler hatching eggs a year, contributing to 15% of Canadian broiler hatching eggs. The BC Broiler Hatching Egg Commission is a proud partner of the Poultry in Motion Educational Program.



Educational Presentations and Resources

In 2007, a group of dedicated poultry farmers came together with a vision to create a mini barn that could travel to events and schools, educating consumers on local farming—they named it Poultry in Motion.

Today, Poultry in Motion has three Mini Barn trailers, operated by dedicated presenters and ambassadors in the Lower Mainland, Vancouver Island, and the Interior of BC.

In 2025, we began offering Classroom Presentations with Farmer Amanda and a dedicated presentation for food and culinary classes—"Cooking with Context"—where we supply chicken and recipes to middle and high school students.

Our services are all 100% free thanks to our partners, the BC Chicken Growers' Association and BC Broiler Hatching Egg Producers Association.

To invite us to your school or public event, and to learn about what else we offer, visit our website and Instagram page.

Email: office@poultryinmotion.ca

Website: www.poultryinmotion.ca

Instagram: [@poultryinmotionbc](https://www.instagram.com/poultryinmotionbc)



Greek Rice & Feta Stuffed Peppers



Serves: 8



Prep: 15 min



Cook: 45 min



Gluten Free



INGREDIENTS:

- 1 cup (250 mL) brown rice, cooked
- 2 yellow peppers, fresh
- 2 red peppers, fresh
- 1 lb (0.5 kg) ground chicken, lean
- 1/2 tsp (2.5 mL) salt
- 1 egg, fresh, medium
- 1/4 cup (60 mL) pasta sauce, marinara, low sodium
- 2 tbsp (30 mL) lemon juice, fresh
- 2 tsp (10 mL) lemon peel/zest, fresh
- 1 jalapeno pepper, fresh, minced (optional)
- 1 tomato, fresh, medium, diced
- 1/2 cup (125 mL) onion, diced
- 1/4 cup (60 mL) feta cheese, crumbled
- 2 tbsp (30 mL) pine nuts
- 1 tbsp (15 mL) oregano, fresh, minced
- 2 tbsp (30 mL) mint, fresh, minced
- 1 1/2 cup (375 mL) pasta sauce, marinara, low sodium

STEP BY STEP:

- 1** Preheat oven to 350°F (175°C).
- 2** Cut peppers in half vertically through the stems and discard inner seeds and membranes. Keep the stems on as they look nice and help to hold in the filling.
- 3** Place ground chicken in a medium bowl and sprinkle with salt. Break egg over mixture. Add ¼ cup (60 mL) pasta sauce, fresh lemon juice, lemon zest/peel, finely minced jalapeno (optional), diced tomato, diced onions, crumbled feta, pine nuts, minced fresh oregano and mint. Mix by hand until well combined.
- 4** Add the last 1½ cup (375 mL) of tomato/pasta sauce to bottom of baking dish. Fill peppers with chicken and rice mixture. You can mound them fairly high. Place in baking dish over pasta sauce.
- 5** Bake for 45 minutes and until the stuffed peppers are thoroughly cooked and a thermometer registers internal temperature of 160°F (70°C). Serve peppers with the pan sauce.

NUTRITION INFO:

Per 250 g serving	Amount	Per 250 g serving	% Daily Value
Calories	250	Potassium	8
Protein	15 g	Calcium	10
Fat	14 g	Iron	15
Saturated fat	2 g	Vitamin A	8
Carbohydrates	17 g	Vitamin C	250
Fibre	2 g	Vitamin B6	16
Sugars	5 g	Vitamin B12	11
Cholesterol	70 mg	Folate	11
Sodium	340 mg	Magnesium	0
		Zinc	14

Tokyo Summer Noodle Bowl with Chicken, Egg and Cucumber



Serves: 4



Prep: 30 min



Cook: 10 min



Gluten Free Option



INGREDIENTS:

For the Chicken

- 4 small boneless chicken thighs
- 2 slices of ginger, ¼ inch thick
- 2 eggs, hard boiled
- 1 cucumber, julienned
- 1/4 cup (60 mL) sweet onion, slice thin
- 1 bunch cilantro, rough chop
- 2 tbsp (30 mL) togarashi (Japanese 7 spice)
- 4 packages of ramen or rice noodles, cooked and cooled

For the Sauce

- 2 green onions, minced
- 2 tsp (10 mL) ginger, minced
- 5 tbsp (74 mL) soy sauce
- 2 tbsp (30 mL) rice vinegar
- 2 tbsp (30 mL) tahini
- 2 tbsp (30 mL) stock from cooking chicken
- 1 tbsp (15 mL) sugar
- 2 tbsp (30 mL) toasted sesame oil

STEP BY STEP:

- 1 Place the chicken thighs and slices of ginger in a small pot and just cover with water.
- 2 Bring to a boil, reduce heat and simmer for about 20 minutes until chicken is cooked through, when the internal temperature reaches 165°F (74°C).
- 3 Remove from heat and let chicken cool in the cooking liquid.
- 4 Place sauce ingredients in a bowl and whisk to blend.
- 5 To serve, remove the chicken thighs from the liquid and slice into thin strips.
- 6 Slice the eggs in half.
- 7 Place the cooked noodles in your serving bowls.
- 8 Arrange the chicken, ½ egg, and cucumber on top of the noodles.
- 9 Pour the sauce over the noodles and garnish each bowl with some sweet onion, togarashi and chopped cilantro.

NUTRITION INFO:

Per 354 g serving	Amount	Per 354 g serving	% Daily Value
Calories	700	Potassium	600
Protein	30 g	Calcium	75
Fat	35 g	Iron	6
Saturated fat	11 g	Vitamin A	0
Carbohydrates	65 g	Vitamin C	0
Fibre	4 g	Vitamin B6	0
Sugars	10 g	Vitamin B12	0
Cholesterol	150 mg	Folate	0
Sodium	3100 mg	Magnesium	0
		Zinc	0



Stacked Tortilla Bake with Chicken Chili



Serves: 12



Prep: 35 min



Cook: 30 min



Gluten Free Option



INGREDIENTS:

- 1 lb (0.5 kg) lean ground chicken
- 1/4 tsp (1.3 mL) cinnamon, ground
- 1 tsp (5 mL) oregano, dried
- 1 tsp (5 mL) cumin, ground
- 1 tsp (5 mL) cayenne pepper
- 1 tbsp (15 mL) chili powder
- 1/2 tsp (2.5 mL) cocoa powder, unsweetened (optional)
- 3/4 cups (175 mL) salsa, ready to serve
- 1 cup (250 mL) corn, frozen
- 2 cups (500 mL) canned diced tomatoes, with juice
- 2 cups (500 mL) black beans, drained and rinsed
- 4 whole wheat tortilla or 4 corn tortilla (9 inches – 22 cm each)
- 4 cups (1 l) mozzarella cheese, part skim, 16.5% MF, grated
- 1 cup (250 mL) green onions, sliced
- 1/2 cup (125 mL) cilantro, fresh, minced (optional)
- 1 cup (250 mL) light sour cream (optional)

STEP BY STEP:

- 1 Preheat oven to 350°F (175°C).
- 2 Brown ground chicken in a non-stick skillet using the back of a spoon to break into smaller pieces. Sprinkle in cinnamon, oregano, ground cumin, cayenne pepper, chili powder and cocoa powder (optional). Reduce heat and simmer for an additional 15 minutes or until chicken is cooked through.
- 3 Stir in salsa, diced canned tomatoes with juice, drained black beans and frozen corn. Remove from heat. Bring to a boil and reduce heat to low. Simmer uncovered for 15 minutes to evaporate some of the juices. You should have approximately 8 cups (2 L) of chili.
- 4 Grate cheese and set aside.
- 5 Spray two 10 inch (25 cm) pie plates with vegetable cooking spray. Create the following layers in each of the two pie plates: spread 1½ cup (325 mL) chili over bottom followed by a whole wheat or corn tortilla, 1½ cup (325 mL) more chili, 1 cup (250 mL) grated cheese, another tortilla, 1½ cup (325 mL) chili and finish with 1 cup (250 mL) of grated cheese. When you are spreading the chili go out to the edges so the tortillas don't become dry during baking.
- 6 Bake uncovered in preheated oven until cheese is melted and bubbling, about 25-30 minutes. To serve, sprinkle with sliced green onion. Cut each pie into six equal servings. Serve with the minced cilantro and a dollop of sour cream (optional garnishes).

NUTRITION INFO:

Per 230 g serving	Amount	Per 230 g serving	% Daily Value
Calories	330	Potassium	9
Protein	22 g	Calcium	35
Fat	15 g	Iron	15
Saturated fat	5 g	Vitamin A	15
Carbohydrates	27 g	Vitamin C	20
Fibre	4 g	Vitamin B6	8
Sugars	4 g	Vitamin B12	20
Cholesterol	55 mg	Folate	16
Sodium	590 mg	Magnesium	0
		Zinc	17



Quick and Easy Buffalo Chicken Mac & Cheese



Serves: 6



Prep: 10 min



Cook: 10 min



INGREDIENTS:

- 3 tbsp (44.5 mL) unsalted butter
- 3 tbsp (44.5 mL) all purpose flour
- 3 cups (750 mL) milk
- 1 tsp (5 mL) ground mustard
- 1/4 tsp (1.3 mL) salt
- 1/4 tsp (1.3 mL) pepper
- 7 tbsp (103.5 mL) buffalo sauce
- 2 cups (500 mL) grated emmentaler cheese
- 2 cups (500 mL) grated sharp cheddar
- 2 cups (500 mL) cooked chicken, diced
- 6 cups (1.4 l) cooked elbow macaroni
- 1 tbsp (15 mL) minced parsley
- 2 tbsp (30 mL) buffalo sauce for garnish, optional
- 2 tbsp (30 mL) toasted panko crumbs, optional

STEP BY STEP:

1 Melt butter in a large pot over medium heat. Add flour and stir to combine. Cook until golden, 1 - 2 minutes. Slowly whisk in milk. Bring to a simmer and cook until thickened, about 3 – 4 minutes.

2 Stir in ground mustard, salt, pepper and buffalo sauce. Remove pot from heat and stir in cheeses until melted and smooth. Stir in chicken, macaroni and parsley.

3 To serve, drizzle with buffalo sauce and sprinkle with panko (optional).

NUTRITION INFO:

Per serving	Amount	Per serving	% Daily Value
Calories	652	Potassium	5
Protein	43 g	Calcium	45
Fat	32.7 g	Iron	11
Saturated fat	19.4 g	Vitamin A	0
Carbohydrates	43 g	Vitamin C	0
Fibre	0 g	Vitamin B6	0
Sugars	1 g	Vitamin B12	0
Cholesterol	128 mg	Folate	0
Sodium	1004 mg	Magnesium	0
		Zinc	0

Quick and Easy Chicken Poke Bowl



Serves: 4



Prep: 15 min



Cook: 15 min



INGREDIENTS:

- 1/2 pear, peeled and grated
- 1/4 cup (60 mL) soy sauce (approx.)
- 2 tbsp (30 mL) rice vinegar
- 1 tbsp (15 mL) honey
- 1 tbsp (15 mL) garlic chili paste
- 2 tsp (10 mL) sesame oil
- 6 boneless, skinless chicken thighs (1 1/4 lb/600 g), cubed
- 2 tbsp (30 mL) vegetable oil
- 4 cups (1 l) cooked brown rice
- 1 large ripe avocado, chopped
- 1 cup (250 mL) thinly sliced cucumbers
- 2 sheets nori, shredded
- 1 cup (250 mL) shelled edamame
- 2 tbsp (30 mL) pickled ginger
- 2 tbsp (30 mL) wasabi paste
- 2 tbsp (30 mL) toasted sesame seeds

STEP BY STEP:

- 1** In large bowl, whisk together pear, soy sauce, vinegar, honey, chili paste and sesame oil. Add chicken and toss to coat; let stand for 15 minutes.
- 2** Heat oil in large nonstick skillet set over medium-high heat; cook chicken, stirring often, for about 10 minutes or until cooked through and caramelized. Let cool slightly.
- 3** Meanwhile, divide rice among four bowls; arrange avocado, cucumbers, nori and edamame over rice. Top with chicken, pickled ginger and wasabi paste. Sprinkle with sesame seeds. Serve with extra soy sauce for dipping if desired.

NUTRITION INFO:

Per 1 serving	Amount	Per 1 serving	% Daily Value
Calories	580	Potassium	25
Protein	36 g	Calcium	10
Fat	23 g	Iron	30
Saturated fat	4 g	Vitamin A	2
Carbohydrates	59 g	Vitamin C	20
Fibre	9 g	Vitamin B6	50
Sugars	6 g	Vitamin B12	30
Cholesterol	95 mg	Folate	80
Sodium	400 mg	Magnesium	0
		Zinc	60

One-Pot Chicken Fajita Rice Dinner



Serves: 4



Prep: 10 min



Cook: 30 min



INGREDIENTS:

- 1 tbsp (15 mL) salted butter
- 1 lb (0.5 kg) boneless, skinless chicken thighs, sliced
- 1 cup (250 mL) onion, sliced
- 3 cups (750 mL) chicken broth
- 1/3 cup (75 mL) tex-mex seasoning
- 1 1/2 cups (375 mL) basmati rice
- 2 cups (500 mL) red and green peppers, sliced
- 1/2 cup (125 mL) sour cream
- 1/2 cup (125 mL) salsa
- 1/4 cup (60 mL) chopped cilantro

STEP BY STEP:

1 Melt butter in a large skillet over medium-high heat. Brown chicken thighs, roughly 5 minutes. Stir in onions and cook for 3 minutes. Stir in chicken broth, tex-mex seasoning and basmati rice. Bring to a boil and cover, turn burner to low and cook for 15 minutes.

2 Take off the heat and stir peppers into the rice, cover again and let sit for 10 minutes. Serve in 4 separate bowls each topped with 2 tbsp (30 mL) each sour cream and salsa and 1 tbsp (15 mL) cilantro.

NUTRITION INFO:

Per serving	Amount	Per serving	% Daily Value
Calories	467	Potassium	0
Protein	20 g	Calcium	0
Fat	12 g	Iron	0
Saturated fat	5 g	Vitamin A	0
Carbohydrates	69 g	Vitamin C	0
Fibre	3 g	Vitamin B6	0
Sugars	5 g	Vitamin B12	0
Cholesterol	85 mg	Folate	0
Sodium	962 mg	Magnesium	0
		Zinc	0



BC Chicken Growers'
ASSOCIATION



BC BROILER HATCHING EGG COMMISSION
BCBHEC 
established 1988

Recipes and image courtesy of Chicken Farmers of Canada