



We had some of Susan Rimington's Kebda sauce left over from yesterdays virtual trip to The Yemen in the fridge. (

<http://www.eatwellonuc.org.uk/index.php/recipes/153-yemeni-kebda>

) With the addition of a couple of Carrots and Onions we've just had a pretty spectacular roast Chicken casserole.

We had ours with Mustard mashed spud and Red & Green Cabbage. It's a Bubble and Squeak gig with the left over Chicken, mash and veg tomorrow, nothing goes to waste here!