

## Apricot Chicken Traybake

**Serves:** 6

**Prep time:** 5 minutes

**Cook time:** 30 minutes



2 serves per portion

### Ingredients

1½ cups brown rice

500g chicken, chopped into chunks

3 cloves garlic, chopped

1 tablespoon extra virgin olive oil

1 red capsicum, de-seeded and sliced

1 medium carrot, diced

1 medium zucchini, sliced into rings

400g can apricots, drained

1 packet French onion soup mix

450mL apricot nectar

### Method

**COOK** rice according to instructions on packet.

**PREHEAT** oven to 170°C.

**HEAT** oil in frypan over medium heat adding chicken and garlic, brown all sides. Remove and sit in oven-proof baking dish.

**ADD** capsicum, carrots, zucchini and apricots to the baking dish, stirring through the chicken and garlic.

**BLEND** soup mix with ½ cup apricot nectar to form a smooth paste, then mix in remaining apricot nectar. Pour over chicken and vegetables.

**COOK** in oven for 30-40 minutes until chicken is cooked.

**SERVE** with brown rice.



Everyday Food

*Recipe courtesy of Fiona McKenzie, Brisbane City Nights Branch*