

Apricot Chicken

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes



2 ½ serves per portion

Ingredients

1 tablespoon olive oil

1 brown onion, diced

2 carrots, thinly sliced

400g chicken breast, chopped into chunks

1 packet French onion soup mix

1 ½ cups apricot nectar

400g can apricots, drained

450g microwave pack rice or 2 cups cooked brown rice

Method

HEAT oil in frypan over medium heat before adding the onion and carrot.

SAUTEE for 3-5 minutes or until tender.

ADD chicken and cook until brown, stirring regularly to prevent sticking.

STIR in French Onion soup mix.

POUR in apricot nectar and fold through apricots.

REDUCE the heat and simmer, stirring occasionally, for around 5 minutes or until the sauce has thickened slightly.

SERVE with brown rice.



Everyday Food

Recipe courtesy of the Country kitchens Team