

Apricot Chicken

Serves: 6

Prep time: 5 minutes

Cook time: 30 minutes



2 serves per portion

Ingredients

1 ½ cups brown rice

500 g 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

400 g can apricots, drained

1 packet French onion soup

450 ml 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