

APRICOT CHICKEN (serves 4)

INGREDIENTS:

- 500G CHICKEN TENDERLOIN / BREAST
- 500ML GOLDEN CIRCLE APRICOT NECTAR
- 1 PACK OF FRENCH ONION SIMMER SOUP MIX
- 1 BROWN ONION (SLICED)
- 200G CARROT (SLICED)



METHOD:

- 1. Pre-heat oven to 180°C.
- 2. Combine french onion soup mix, apricot nectar, onion, carrot into baking dish & stir until combined.
- 3. Add chicken into baking dish.
- 4. Add lid to baking dish or cover with aluminium foil & cook in oven for approximately 45 minutes.
- 5. Remove lid or foil from baking dish & put back into oven for another 10 minutes.

TIPS:

Serve on a bed of rice or with a side salad.