

Apricot Chicken

Ingredients

2 teaspoons oil

600 g skinless chicken thigh fillets

1 packet French Onion soup

½ packet Brown Onion soup (optional)

405 mL can apricot nectar

Steamed jasmine rice, to serve

Method

Pre-heat oven to 180°C

Place chicken in a roasting pan place in oven and cook until golden brown.

Combine soup mix and apricot nectar, to make sauce

Bring to the boil, stirring until a thick consistency

(You can cook in microwave instead in 1 minute intervals to ensure it does not boil over)

Serve with steamed rice.

Pour Apricot Sauce over chicken and rice

Note: If you have someone who does not like apricots they can have it without the sauce, serve with vegetables and gravy instead.