

# Easy Apricot Chicken



An easy family-friendly recipe using Ardmona Apricot nectar.

*Recipe supplied by SPC.*

## **Ingredients**

6 chicken thigh cutlets on the bone

½ cup plain flour

Salt and pepper, to taste

1 tablespoon olive oil

1 can Ardmona Apricot Nectar

1 tablespoon soy sauce

40 grams French onion soup mix

1 tablespoon cornflour

Handful slivered almonds, lightly toasted

## **Method:**

1. Pre-heat oven to 200°C.
2. Lightly toast slivered almonds, put aside
3. Add salt and pepper to flour and then coat the cutlets in the flour mixture.
4. Heat oil in a trypan and cook the cutlets skin side first until a little browned.
5. Place the cutlets in a baking dish.
6. Combine nectar, soy sauce, cornflour and soup mix and whisk to combine. Pour over the chicken.
7. Bake for 40 minutes.
8. Sprinkle shredded almonds on top.
9. Serve with rice and vegetables.