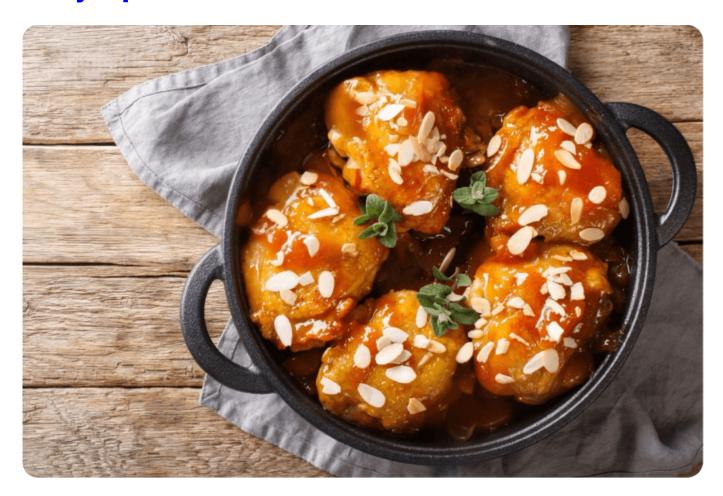
Easy Apricot Chicken



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.