



Recipe

Apricot Chicken & Broccolini

Serves 2

Cooking and prep: 60 minutes

Calories per serve: 377 per serve

Ingredients

- 240g skinless chicken thigh fillets, fat trimmed, cut into 3cm pieces
- 2 teaspoons olive oil
- 1/2 large onion, halved, thinly sliced
- 1/2 cup of apricot halves
- 1 stick celery, thinly sliced
- 1 carrot, peeled, cut into chunks
- 1 garlic clove, crushed
- 1/2 tablespoon wholegrain mustard
- 60ml (1/4 cup) chicken stock
- 125ml (1/2 cup) apricot nectar
- 1 tbsp chopped dried apricots
- 2 cups steamed snow peas, to serve
- 2 cups steamed Broccolini to serve



Method

1. *Preheat oven to 170C/ 150C fan forced. Heat half the oil in a large flameproof casserole dish over high heat. Cook the chicken, in 2 batches, for 1-2 minutes each side or until golden. Transfer to a plate.*
2. *Heat remaining oil in same dish over medium heat. Add the onion, celery and carrot and cook, stirring, for 5 minutes or until softened. Add the garlic and cook, stirring, for 30 seconds or until fragrant. Stir in the mustard, stock, apricot nectar and dried apricots and bring to the boil. Cover dish with a lid or foil.*
3. *Bake for 40 minutes, serve with steamed snow peas and broccolini.*