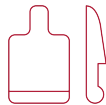




Apricot Chicken



DIFFICULTY: EASY



PREPARATION TIME: 20
MINS



COOKING TIME: 1 HOUR



SERVES: 6 TO 8

Ingredients

- 10 chicken lovely legs
- Olive oil
- Pepper
- 1 onion, halved and sliced
- 2 cloves garlic, chopped
- ½ cup chopped dried apricots
- ½ cup apricot jam
- 2 tbsps lemon juice
- 1 tbsp grain mustard
- 1 cup chicken stock
- 1 x 35g packet French Onion Soup Mix

Method

Preheat oven on CircoTherm to 170°C and place the wire rack on shelf 2.

Lightly coat the lovely legs with oil and season well with pepper. Heat a large frying pan over a high heat, Induction level 8 and brown the chicken well on all sides. Transfer to an 8 cup ovenproof dish. Reduce heat to medium, Induction level 6 and lightly fry the onion and garlic then sprinkle this over the chicken along with the dried apricots.

Combine the remaining ingredients and mix well. Pour the mixture over the chicken. Cook for 45 minutes or until the juices run clear when the chicken is tested with a skewer.

Notes
