

# Apricot Chicken

A traditional Australian dish with a sweet twist of flavours. Consisting of a wide range of healthy ingredients, this Australian favourite is served with rice and is always a hit with the children's taste buds.



**Influence:** Australia



Serves 10 children



65 minutes

## INGREDIENTS

Flour, rice 50g (  $\frac{1}{2}$  C)  
 Chicken, breast, skinned, raw 500g  
 (2  $\frac{1}{2}$  fillets)  
 Oil, canola 20ml (1 T)  
 Onion, chopped 100g (1 large)  
 Garlic, peeled, raw 5g (1 clove)  
 Parsley, dried 1g (1 t)  
 Mixed vegetables, frozen 350g (2  $\frac{1}{2}$  C)  
 Apricot nectar, canned 400g (1 can)  
 French onion soup mix 35g (1 packet)  
 Apricot, dried 60g (  $\frac{1}{2}$  C)  
 Water 125ml (1 C)  
 Rice, dry 100g (  $\frac{1}{2}$  C)

## DIRECTIONS

1. Toss the flour and diced chicken together in a bowl to coat the chicken.
2. Heat oil in a large frypan over medium heat. Add the onion and garlic and cook, stirring, for 3-4 minutes or until soft.
3. Add the chicken mixture and cook for a further 3-4 minutes until browned.
4. Add remaining ingredients, bring to a simmer and cook for 10-15 minutes or until the chicken and vegetables are cooked through.
5. Cook rice to serve as an accompaniment.
6. Serve with rice.

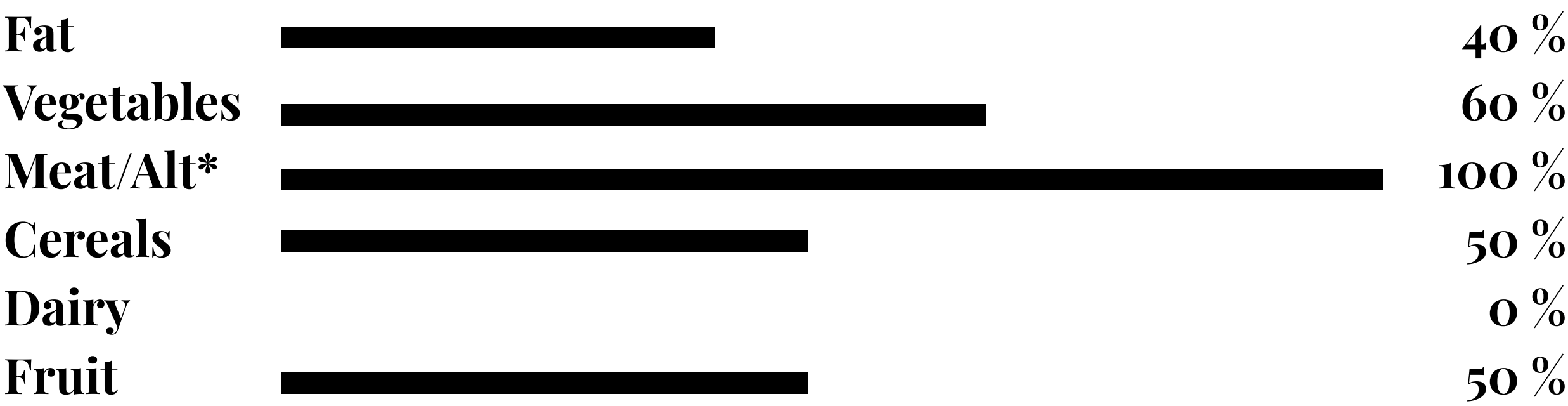
# Allergy Information

Contains: gluten, wheat (French onion soup).

Some soup mixed contain wheat and/or soy.

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## Childcare RDI Calculator:



\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sources from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services