

## Apricot Chicken

Serves: 1

Prep time: 5 Minutes

Cooking time: 40 Minutes

### Ingredients:

- 2 chicken thigh cutlets
- 20g french-onion soup (½ pkt.)
- 1-2 cloves garlic, crushed
- 6 apricots in juice (from jar or tin)
- ¼ cup apricot juice
- 1-2 small onions, cut into wedges
- 1 cup chopped spinach



*This succulent chicken is another old fashioned family favourite, the combination of french onion soup and the flavour of the apricots keeps the chicken moist and tasty*

### Method:

- **Preheat oven 180°C**
- Line the base of a small ovenproof dish with the spinach
- Top with the chicken thighs, then place the onion wedges around the chicken
- Blend the french onion soup, garlic, apricots and juice in a small blender
- Pour the apricot mixture over the chicken
- Cover with foil and cook in a preheated oven for 30 minutes. Remove foil and cook a further 10 minutes, or until chicken is cooked through. (The time depends on the size of the thighs)
- **Serve and Enjoy!**
- **Note:** You can use any cuts of chicken, remember you may need to adjust the cooking time