

Apricot CHICKEN

This clever concoction mixes fruity flavours with broccoli and chicken to create a family feast for four.



What you need:

- 4 skinless chicken breasts
 - 1 stock cube
 - 2 cups boiling water
 - 410g tin apricot halves in natural juice
 - 1 cup small broccoli florets
- serve with brown rice or wholemeal noodles

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Warning,
Warning!

This dish sits in your oven for 40 mins so it gets extremely hot. You would be wise to ask a parent or carer to help you get it out of the oven and onto your plate.

Fast facts

Serves: 4 persons

Prep time: 4 mins

Skill-o-meter: Medium

Cooking time: 40 mins

Eat me when? Fun for your next party.

What to do:



Everybody
loves a
chicken joke!

*Why did the chicken
RUN across
the road?
Because there
was a car
coming.*

*Why did the
chicken cross
the road?
Don't ask
us, ask the
chicken?*

*Why did the
turkey cross
the road?
To prove he
wasn't a
chicken!*

Step 1

Preheat your oven to 190°C

Step 2

Put your stock cube in a jug, pour the boiling water in and mix with a fork to make your stock

Step 3

Put the 4 chicken fillets into a baking dish and scatter the small broccoli florets amongst the chicken

Step 4

Open the tinned apricots and drain half the juice, then tip the apricots and the rest of the juice into the baking dish

Step 5

Pour the hot stock over the chicken and apricots until they are just covered with liquid

Step 6

Slide baking dish into a hot oven for 40 minutes.

Step 7

While it's cooking, prepare some brown rice or wholemeal noodles to go with your chicken

Step 8

Remove your dish from the oven and let it stand for 5 minutes or so before checking to ensure the chicken breasts are cooked through.



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