

Chicken with Honey and Apricots

7 REGULAR
4 PUREED

Blend to a smooth consistency upon completion



421Kcal
Per Serving

CONTAINS



WHEAT



EGGS



MILK



SULPHITES

MAY CONTAIN



PEANUTS



TREE NUTS

This recipe serves 4

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (377g)
Energy	472kJ/112kcal	1779kJ/421kcal
Fat	1.2g	4.6g
of which saturates	0.2g	0.7g
of which monounsaturates	0.5g	2g
of which polyunsaturates	0.3g	1g
Carbohydrate	7.5g	28g
of which sugars	4.8g	18g
of which polyols	0g	1.5g

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Source of and High in Protein, Source of and High in Niacin, Source of Potassium, Phosphorus, Selenium, Vitamin B6.



Shopping List

- 1kg of boneless chicken
- 2 tablespoons of plain flour
- 2 tablespoons of vegetable oil
- 2 chopped onions
- 100g dried apricots
- 2 teaspoons honey
- salt and pepper
- 600ml chicken stock



Directions

1. Preheat medium oven 180 °C
2. Coat the chicken in plain flour
3. Heat the oil in a frying pan and brown the prepared meat
4. Transfer to a casserole dish
5. Soften the onions in the frying pan until golden.
6. Bring to the boil and pour over the meat.
7. Place in the oven for 2 hours.