






APRICOT CHICKEN

<p>Such a nostalgic dish for many who grew up in the 1990s, I remember only ever having it at school camp and it was horrendous – far too sweet and made with packet ingredients. I thought I'd recreate a more wholesome version here and balance the sweetness of the apricots with the chicken, paprika and mustard. It's mild and a great dish the whole family will love, especially served with couscous.</p>	<p>Serves 4</p>	
<p>Combine the flour, a pinch of salt, if using, and the paprika in a bowl, add the chicken and turn to coat. Shake off the excess flour.</p> <p>Heat the olive oil in a large sauté pan over medium heat. Sear the chicken in batches for 1–2 minutes on all sides until golden. Remove to a plate.</p> <p>Add the onion and garlic to the same pan and stir to coat in the oil. Scrape the bottom of the pan to release any caramelised bits, then stir in the mustard and return the chicken to the pan. Add the apricot halves and 125 ml (½ cup) of the syrup, the orange zest and stock and lightly season with salt, if using. Bring to the boil, then reduce the heat to low. Cover so the lid is slightly ajar and cook for 25–30 minutes or until the sauce is reduced and thickened and the chicken is cooked through.</p> <p>Scatter the toasted almonds over the apricot chicken and serve with the couscous.</p>	<p>1 tablespoon plain flour salt flakes (optional) 1 teaspoon sweet paprika 1 kg boneless, skinless chicken thighs, cut into quarters 1 tablespoon extra-virgin olive oil 1 onion, diced 2 garlic cloves, finely chopped 1 tablespoon dijon mustard 410 g can apricot halves in syrup zest of ½ orange 250 ml (1 cup) chicken stock 2 tablespoons flaked almonds, toasted steamed couscous, to serve</p>	
<p> Freeze Portion the apricot chicken into airtight containers. Cool, seal, label and date. Freeze for up to 3 months.</p>	<p> Thaw Thaw the apricot chicken overnight in the fridge.</p>	<p> Reheat Reheat the apricot chicken in a saucepan over low heat, stirring, for 10–15 minutes or until completely hot. Alternatively, microwave on high for 2–3 minutes, stirring halfway through.</p>



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