

## Nutritional information

| Nutrient      | Per Serve | Per 100g |
|---------------|-----------|----------|
| Energy        | 1000.00kj | 240.00kj |
| Protein       | 18.57g    | 4.47g    |
| Total Fat     | 7.95g     | 1.91g    |
| Saturated Fat | 1.59g     | 0.38g    |
| Carbohydrate  | 22.53g    | 5.43g    |
| Sugars        | 16.83g    | 4.05g    |
| Fibre         | >9.01g    | >2.17g   |
| Sodium        | 95.60mg   | 23.02mg  |

Nutritional analyses are estimated calculations based on "Food Works"™ computer software

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PLU485

## Apricot Chicken

**This meal pack includes:**

**Dry Ingredients:**

- 820g can apricot halves
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 1 tsp low salt chicken stock powder

**Fresh Ingredients:**

- 1 brown onion
- 2 cloves garlic
- 1 stalk celery

**Frozen Ingredients:**

- 2 packs chicken thigh meat (500g)
- 1 pack frozen mixed vegetables 500g

Preparation time: 20 minutes    Cooking time: 40 minutes    **Serves 4-6**



Developed by Community Foodies in conjunction with  
Community Food SA

# Apricot Chicken

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## Time required

Preparation time: 20 minutes

Cooking time: 40 minutes

## Ingredients

- 1 brown onion
- 2 cloves garlic
- 1 stalk celery
- 820g can apricot halves
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 1 tsp salt reduced chicken stock powder
- 500g chicken thigh meat
- 500g frozen mixed vegetables
- 1 Tbs olive oil (not provided)
- 1 1/2 cups hot water (not provided)

## Tips and ideas

- This recipe is suitable to freeze.
- Add in any other left over vegetables you may have.

## Cooking instructions

1. Peel and dice the onion.
2. Peel and crush the garlic.
3. Dice the celery.
4. Drain the apricots. Keep the juice for Step 12
5. Dice the apricots and then mash with a fork.
6. Remove any visible fat from the chicken.
7. Roughly dice the chicken.
8. Dissolve the chicken stock powder in the water.
9. Heat the oil in a large saucepan **over high heat**.
10. Add the ground coriander, cumin, ginger and turmeric and fry for 1 minute.
11. Add the chicken
12. Fry the chicken, onion, celery and garlic for 5 minutes, stirring constantly.
13. Add the chicken stock, apricots and frozen vegetables.
14. Bring to the boil.
15. Simmer uncovered for 20 minutes, stirring occasionally.
16. Add pepper to taste if desired.
17. Serve with pasta, rice or mashed potato.