

# Chicken with Honey and Apricots

**7** REGULAR  
**4** PUREED

Blend to a smooth consistency upon completion



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# Chicken with Honey and Apricots

Apricots are low in saturated fat, sodium and cholesterol, and a good source of dietary fibre. They are a good source of vitamins A, C, E, K and potassium.



## 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.