



These Chicken breasts had been loitering in the freezer for long enough!

Ingredients:-

2 Chicken Breasts
12 Dried Apricots, chopped
40g of Apricot Jam
1 Onion, diced
240ml of Chicken Stock
½ Tsp of Cinnamon
½ tsp of Fresh Rosemary, chopped finely
2 Tsp of Tabasco Sauce
Milk to soak
Olive Oil and Margarine to fry
Fresh Parsley to garnish
Salt & Pepper to season

Method:-

- (1) Pound out the Chicken Breasts with a meat mallet and season with Salt & Pepper.
- (2) Place in Milk and leave in the fridge for up to 2 hours to soak.
- (3) In a large pan over a high heat add 1 Tbsp of Margarine and 2 Tbsp of Olive Oil.
- (4) Add the Chicken Breasts and turn down the heat to medium.
- (5) Cook of both sides until browned. Remove and set aside.
- (6) Add a little more Oil and then add the Onions, frying until softened.

(7) Add the Stock and allow to simmer for 2 minutes.

(8) Combine the Apricots and Apricot Jam and add to the Stock.

(9) Stir in the Cinnamon, Rosemary and Tabasco Sauce. Continuing to simmer for 10 minutes until the sauce thickens.

(10) Return the Chicken and simmer for 5 minutes.

We sliced the Breasts diagonally and served over plain boiled Rice and garnished with the chopped Parsley. Very tasty and lighter than some of the dishes we've prepared recently.