

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

1/2 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.