

Apricot Chicken and Rice

HELPING TO PROTECT
THE HEALTH OF
YOUR FAMILY

Ingredients

500g chicken breast diced

1 Onion diced **Teaching You how to SAVE:-**

1 packet French onion soup (use ½ to 1 packet to taste)

1 small can of apricot halves

1 small can of apricot nectar

1 cup of rice

½ cup of water (see notes below)



Honey Chilli Chicken Stir Fry
11 MINUTES



Chicken Fito
20 MINUTES

Method



Food
Storage

MONEY
EFFORT

In your large skillet/frying pan, heat to 7/10.

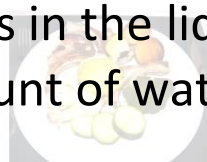
Brown chicken evenly. **ENERGY**

Put diced onion in and brown.

Mix in everything else. Cover, bring to green or whistle.

Close whistle. Turn heat off and let sit for 10 minutes.

PS due to the variations in the liquid content and type of rice, adjust the amount of water you add to your taste.



Pork Chops with Apple Swan
10 MINUTES

Alternatively rice can be cooked separately.

Any vegetables you require can be added. i.e. snow peas etc.

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