

DropChef

Apricot & Plum Chicken with Broccoli & Baby Potatoes

As humans, we still get the most emotional pleasure out of consuming sweet and salty flavors individually. But when you layer those flavors together, well, it's often an experience two times as enjoyable. This chicken with apricots and plum sauce is a culinary delight!

Nutritional Info

Calories: 498 kcal
Carbohydrates: 83 g
Protein: 34 g
Fat: 2 g

Ingredients

- Chicken Fillet
- Onion
- Apricot Jam
- Plums
- Baby Potatoes
- Garlic
- Tenderstem broccoli
- Spice Mix
  - Dried Mustard
  - Ginger
- Sauce Mix
  - Worcestershire Sauce
  - Soy Sauce

Your pantry:

- Olive/Rapeseed oil
- Salt & Pepper
- Baking Soda

Allergens:

Wheat (Soy Sauce,Worcestershire Sauce)

Fish (Anchovies in Worcestershire Sauce)

Soy beans (Soy Sauce)

Celery (Worcestershire Sauce)

Mustard (Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) *Get your oven ready*

Preheat your oven to 180°C & get two large pots ready to boil.

2) *Prepare the chicken*

Quickly fry the chicken on the pan until it's brown, in order to seal it (it doesn't need to be cooked through). Then set it aside on your oven tray.

3) *Saute the onion*

In the same pan sauté the onion in a dollop of butter with a drop of olive oil for 5-7 minutes or until soft. Add a pinch of baking soda from your pantry for faster results.

4) *Prep the plums*

While the onions are softening, quarter the plums & remove the stone then add the plums to the oven tray beside the chicken.

5) *Create sauce and put chicken in oven*

Remove the onions from the heat and add the crushed garlic, jam, sauce mix, and powder mix to the onions and mix. When you have mixed your sauce spread it over the chicken and then place this in the oven for 25 - 30 minutes or until the chicken is cooked through.

6) *Cook the baby potatoes*

As the chicken cooks, add the baby potatoes to a pot of salted boiling water and cook until soft when pierced with a sharp knife, about 8-10 minutes. Drain and leave a small amount of water at the end of the pan and add half a teaspoon of salt. Shake the potatoes in the pan until water evaporates.

7) *Cook the broccoli*

Chop the broccoli up and get a pot of boiling water ready to go. Drop the broccoli into the boiling water once you take the chicken out of the oven. The broccoli only needs to be blanched for 1-2 minutes.

8) *Plate the dish*

Once you have removed the chicken from the oven, allow it to rest for 5 minutes while you cook the broccoli. Plate the potatoes and cut them in half with a small sliver of butter inside them. Finally plate your chicken & broccoli and add a little extra sauce to your liking.

Fancy winning free DropChef in our weekly competition?!
To enter just share your delicious dinner on Instagram | **#DropChef**