

Classic Apricot Chicken - 12V Air Oven



A sweet-and-savory apricot chicken cooked in the 300W 12V Air Oven and served with rice or potatoes. Prep time is 5 minutes, cook time is 80 minutes, and serves 4 people. For easier cleanup, cook the dish in a foil BBQ tray.

Ingredients

- 4 boneless chicken thighs (thawed)
- 200mL apricot nectar
- 1 large onion, cut into wedges
- 1 onion soup sachet
- 4 starchy base serves (rice or potato)

Directions

1. Pour three-quarters of the onion soup sachet into a deep 20 cm baking dish.
2. Add the chicken thighs and wedged onion, rolling the thighs in the soup mix to coat.
3. Pour the apricot nectar over the chicken and onion.
4. Sprinkle the remaining onion soup mix over the entire dish.
5. Cover with foil and cook in the oven at 180°C for 80 minutes.
6. Serve over instant rice, boiled baby potatoes, or mash.

