



APRICOT CHICKEN

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 40 mins

Serves: 6



INGREDIENTS

- 10 chicken thighs cut into bite size pieces
- ¼ cup coconut oil
- 5 spring onions, finely sliced
- 1 large orange sweet potato, cut into 1cm cubes
- 3 cloves garlic, crushed
- 2 tbsp fresh ginger, grated
- 2 tsp tumeric powder
- 1 tsp cinnamon, powdered
- 1 tsp thyme, dried
- 2 tsp sweet paprika
- 1 can (825g) apricots in own juice
- 2 cups chicken stock
- 2 tbsp parsley, finely chopped
- salt and pepper to taste

METHOD

- In a large saucepan on stove top, heat coconut oil to medium high.
- Add spring onions and all spices and herbs and stir for 3 minutes.
- Add chicken and mix well with spices.
- Add chicken stock and sweet potato and simmer for 30 minutes, until cooked.
- Add canned apricots with juice and cook a further 10 minutes.
- Serve sprinkled with parsley on its own, or with *cauliflower rice* or *creamy mashed cauliflower*.