

# Whole roast apricot chicken

- Egg-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Seafood-free
- No added sugar
- 4+ serve Veg or Fruit
- Shellfish-free

We've given retro apricot roast chicken a makeover, while keeping it light on your hip pocket.

- Serves 4, with leftovers
- Cooktime 1 hr 40 mins 1 hour 40 minutes
- Preptime 15 mins

## Ingredients

- 2kg Coles RSPCA Approved Whole Chicken
- 405ml can apricot nectar
- 35g pkt French onion soup mix
- 2 brown onions, cut into wedges
- 2 carrots, peeled, coarsely chopped
- 200g pkt Coles Turkish Dried Apricots
- 1 1/2 cups (300g) couscous
- 1 1/2 cups (375ml) boiling water
- 30g baby spinach leaves
- Coriander sprigs, to serve

## Nutritional information

Per serve: Energy: 2778kJ/665 Cals (32%), Protein: 42g (84%), Fat: 24g (34%), Sat Fat: 8g (33%), Sodium: 182mg (9%), Carb: 69g (22%), Sugar: 29g (32%), Dietary Fibre: 8g (27%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## **Method**

### **1. Step 1**

Preheat oven to 180°C. Place the chicken, breast-side down, on a clean work surface. Use kitchen scissors to cut along each side of the backbone to remove. Turn the chicken, breast-side up, and use a large sharp knife to cut in half.

### **2. Step 2**

Combine the apricot nectar, soup mix, onion, carrot, dried apricots and 1 cup (250ml) water in a roasting pan. Add the chicken, skin-side down. Roast for 50 mins. Turn chicken over and add 1 cup (250ml) water to the pan, stirring into the sauce. Roast for a further 50 mins or until chicken is golden and cooked through. Season with pepper and set aside for 5-10 mins to rest.

### **3. Step 3**

Meanwhile, place couscous in a large heatproof bowl. Pour over boiling water. Cover and set aside for 5 mins or until the liquid is absorbed. Use a fork to separate grains. Stir in spinach. Season.

### **4. Step 4**

Sprinkle chicken with coriander and serve with couscous mixture.