

Apricot Chicken Meatballs

Ingredients

500g mince chicken

1 onion, grated

1 egg

Apricot nectar 400mls

Apricots canned 410g tin

1 packet of French Onion Soup

Method

1. Grate onions finely, add to the mince in a bowl. Add egg and mix. Use a tablespoon to measure out and roll into balls.
2. Brown meat balls in oil, place on plate
3. Mix up apricots, nectar and french onion soup.
4. Cook meatballs in a moderate oven (180 degrees) for 20-30 minutes, check they are cooked through.