

FROM CAN TO PAN – RECIPE EPISODE 1

FRUIT CHICKEN CASSEROLE

Ingredients:

6-8 chicken portions
50ml flour
salt & pepper
50ml oil
1 large onion, sliced
1 green pepper, chopped
12.5ml cornflour (Maizena)
15ml soya sauce
Worcester sauce (a few drops)
40ml vinegar (brown or white)
1 can peach slices, reserve juice
1 can chopped tomatoes

Method:

1. Lightly coat the chicken portions with seasoned flour.
2. Heat the oil and brown the chicken. Cover the pan and reduce heat - cook chicken for about 10 minutes, then take out of the pan and put in a casserole dish.
3. Saute the onions and green pepper for about five minutes until soft.
4. Mix together cornflour, soya sauce, worcester sauce, vinegar and peach juice from the tin.
5. Add to the onions and green pepper and stir until boiling - boil until clear.
6. Add the peach slices and tomatoes and pour over the chicken.
7. Cover and cook at 190°C for 50-60 minutes.