

## **FROM CAN TO PAN – RECIPE EPISODE 11**

### **CHRISTMAS FRUIT STUFFED ROAST CHICKEN**

#### **Ingredients:**

1.5kg chicken  
5 table spoons olive oil  
1 onion, chopped  
25g pine nuts or almonds, chopped  
225g mixed canned fruit: apples, apricots, pears (chopped up)  
raisins, dried prunes (chopped up)  
Salt and pepper

#### **Method:**

1. Preheat oven to 150-175°C
2. Heat 2 table spoons oil in pan & cook onion until pale gold.
3. Stir in the nuts and cook for 2-3 mins then add the fruit and seasoning. Leave to cool
4. Stuff the chicken with the mixture and truss the bird.
5. Brown the chicken in the remaining oil in a large heavy pot
6. Sprinkle with salt and pepper.
7. Cover the dish and cook in the oven for 1 1/2 hours, turning the chicken every 30-minutes.



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