



Preparation time: 30 minutes

Cooking time: 15 minutes

Serves: 4 persons

4 large chicken breasts
300ml / ½ pint dry cider
pinch of sugar
150ml / ¼ pint chicken stock
2 tbsp vegetable oil
2 Cox's apples
150ml / ¼ pint double cream
25g / 1oz browned flaked almonds
salt and freshly ground black pepper

Cut the chicken into 1cm cubes (including the skin). Place the cider, sugar and chicken stock in a pan and bring to the boil then simmer rapidly until thick and syrupy.

Heat the oil in a sauté pan or wok. When the oil starts to smoke add the chicken and stir fry for about 10 minutes, adding a little salt and pepper. When cooked tip into a colander and drain.

Meanwhile peel the apples then cut each one into six pieces and take out the core, then cut each piece in half.

Add the cream to the cider reduction and bring to the boil, add the apples and cook for 1 minute, no longer. Add the chicken and almonds to the sauce and stir to coat then season again. Serve with couscous and broccoli.

TIP:

You can use chicken thighs if you want to, but you may have to cook them for a little longer. Pork also works well with these ingredients.

