

“Give me
a Mandy
Mum!”



Kim McCosker
Co-founder of 4 Ingredients

AUSSIE MANDARIN CHICKEN

SERVES 4

INGREDIENTS

500ml Aussie Mandarin juice

8 chicken pieces

1 pkt French onion soup

1 brown onion, diced

METHOD

Preheat oven to 180°C.

Place chicken pieces in a casserole dish with soup and onion and season with sea salt and black pepper. Pour over juice and stir. Cover and bake for 1½ hrs.

For a change, place chicken in a plastic bag and coat in flour, salt and pepper and lightly fry. Follow cooking instructions as above but cook for 1 hour.



Aussie Mandarins