

“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**