

Malay Curry Sostaties

Ingredients

- 4 chicken breasts cut into strips

For the marinade

- 60 ml oil
- 1/2 red onion, sliced
- 1 tbs crushed garlic
- 1.5 tbs hot masala
- 1/2 tbs cinnamon
- 80 ml apricot jam
- 60 ml water

Method

Combine all ingredients together well. Pour over chicken and allow to marinate for 1 hour. Bake in hot oven for 15 - 18 min or pan fry for 6-8 minutes each side.