



SLOW COOKER CHICKEN WITH VEGETABLES AND GINGER

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 30 mins

Cook time: 5 hrs slow cooker

Serves: 6



INGREDIENTS

- 4-5 cloves garlic
- 5cm piece ginger, peeled
- 6 spring onions (or 1 red onion)
- ¼ cup coconut oil
- 6 chicken thighs (breasts tend to be too dry) cut to bite size pieces
- 2 x 400mls cans coconut cream
- 3 tbsp potato starch
- 2 cups mixed vegetables (capsicum, snow peas, green beans, broccoli, celery, zucchini)
- Chopped coriander to garnish

SPICES

- 2 tsp ground cumin
- 2 tsp ground coriander
- 3 tsp ground tumeric
- ½ tsp chilli flakes
- 1 tsp salt
- ½ tsp ground black pepper

METHOD

- In a small bowl, combine all the spices together and mix well. Set aside.
- In blender, combine garlic, ginger and onion and mix into a paste.
- In heavy base pot, heat coconut oil on medium, add paste and fry stirring for 3 minutes.
- Add spices and stirring, fry another 3 minutes.
- Add chicken pieces, turning and mixing to coat with spices, and cook 5-8 minutes.
- Add coconut cream, reserving 1 cup to mix with potato flour, and vegetables and stir well.
- Pour all into slow cooker and cook on Low for 5-6 hours, until vegetables and chicken cooked.
- To the reserved cup of coconut cream, add potato flour and stir well.
- Pour into chicken mixture and bring to the boil again.
- Spoon into serving dishes and garnish with chopped coriander.
- Serve with *cauliflower rice* or *creamy mashed cauliflower*.