



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 12 hours

Serves: 8

INGREDIENTS

- 4 large turkey legs, (750-1000g each)
- 4 large red onions, cut into chunks
- 10 cloves garlic, roughly chopped
- 1 tbsp ginger, grated or paste
- 5 bay leaves
- 2 tbsp sriracha
- 1 tbsp thyme, dried or 2 tbsp fresh
- ¼ cup rice malt syrup OR 2 tbsp natvia
- 2 tsp pink rock salt
- 2 tsp black cracked pepper
- 2 vegetable OR chicken stock cubes
- 1 cup water
- ¼ cup olive oil

METHOD

- Preheat oven to 190°C
- Heat oil in a large deep baking pan in oven.
- When hot, add drumsticks and brown them on each side.
- Add onions, garlic, ginger, sriracha, thyme, salt and pepper and stir well.
- Add stock cubes, water and bay leaves.
- Bake uncovered, in hot oven for 2 hours, turning often.
- After 2-3 hours baking, transfer to slow cooker, and cook a further 8-10 hours on low.
- When finished, pull meat off bones and serve.
- Remove tendons if not removed prior to cooking.

SLOW COOKER **PULLED TURKEY**

