



## SLOW COOKER PULLED CHICKEN

### **ALLERGIES:**

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

**Prep time:** 10 mins

**Cook time:** 6 hours on Low

**Serves:** 4-6



### **INGREDIENTS**

- 2 large chicken breasts (700g)
- 1/2 cup coconut aminos (or gluten free soy sauce)
- 1/2 cup rice malt syrup (or honey but reduce to 1/3 cup)
- 1 tbsp minced garlic
- 1 tbsp chilli paste, I use Sambal Oelek (adjust to suit taste)
- 2 tbsp tomato paste
- Juice of 1 small lime
- 1 tsp grated ginger (or paste)

### **METHOD**

- Lay chicken breasts on the base of your slow cooker bowl.
- Combine all other ingredients in a bowl and whisk.
- Pour over chicken, and cook on LOW for 5-6 hours.
- Using a pair of forks, shred the chicken and stir in the liquid.
- Delicious served with cauliflower rice, on a baked potato or with Konjac noodles and vegetables.

**NOTE:** If liquid needs reducing, remove the lid for the last hour while cooking.