



SLOW COOKER

ORANGE

CHICKEN

ALLERGIES:

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

Prep time: 15 mins

Cook time: 5 hours

Serves: 4-6



INGREDIENTS

- 12 large chicken drumsticks
- Juice of 2 oranges
- 1 tbsp grated orange peel
- 2 small red chilli finely diced
- 1 large brown onion, chopped
- 1 tbsp crushed garlic
- 1 tbsp grated ginger (or crushed)
- 1 tbsp ground cumin
- 1 tbsp honey (or sweetener)
- 1 cup coriander leaves, chopped
- 1/4 cup parsley, chopped
- 1/4 cup torn mint leaves
- 1 1/2 tsp pink rock salt
- 1/2 tsp black pepper

METHOD

- Place all ingredients, EXCEPT the chicken into the slow cooker bowl.
- Mix well and add the chicken, coating all sides in the mixture.
- Set onto High for 5 hours.
- Remove and serve with vegetables of our choice, and the sauce on top.