



SLOW COOKER CALYPSO CHICKEN

ALLERGIES:

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

Prep time: 15 mins

Cook time: 15 mins PLUS 4 hours slow cooker

Serves: 2



INGREDIENTS

- 375g chicken breast, diced
- 2 tbsp olive oil
- 1 onion, peeled, cut into wedges
- 1 red chilli, deseeded and finely sliced
- 2 tsp crushed garlic
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground tumeric
- 1 tsp ground all-spice
- 250 mls (1 cup) water
- 1 chicken stock cube
- 1 red capsicum, deseeded and diced
- 1 green capsicum, deseeded and diced
- Fresh coriander for garnish

METHOD

- Heat the oil in a heavy based pan and add chicken, browning on both sides.
- Remove and place into slow cooker bowl.
- Add the onions, garlic and chillies and fry for 5 minutes.
- Add all spices and fry a further 2-3 minutes.
- Add the water and stock cube, bring to the boil, then pour mixture over chicken.
- Cover and cook on High for 3 hours.
- Stir in capsicums, and cook a further hour.
- Place onto a serving dish, garnish with fresh coriander leaves.