



SLOW COOKER PAPAYA AND CHICKEN CURRY

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 15 mins **PLUS** 4 1/2 hours slow cooker

Serves: 4-6

INGREDIENTS



- 2 tbsp coconut oil
- 650g chicken breasts, diced
- 2 onions, cut into wedges
- 3 tsp crushed garlic
- 2 tsp ginger, grated
- 2 tsp chilli powder
- 2 tsp allspice
- 2 tbsp Tikka Masala paste
- 3 curry leaves
- 1/4 cup squeezed finger lime pearls
- (OR juice of 1 lime)
- 250mls (1 cup) water
- 2 chicken stock cubes
- 1 x 400g can coconut milk
- 3 large carrots, peeled and sliced
- 1 green capsicum, deseeded and chopped
- 1 large papaya, peeled, deseeded and chopped
- 2 large bananas, sliced

METHOD

- Heat the oil in a heavy based pan and add the chicken, brown all sides, remove and set aside.
- Add onions, garlic and ginger to the pan and fry for 5 mins.
- Add the spices and curry paste and fry 5 mins stirring, add chicken and stir well.
- Stir in the curry leaves, finger lime pearls, water and stock cubes and mix well.
- Add the coconut milk, carrots and capsicum and bring to the boil, pour into slow cooker bowl.
- Cook on High for 3 1/2 hours, add the papaya and banana and cook for another 1 hour on High.
- Serve with mashed or boiled potato or cauliflower rice.