



## **SLOW COOKER SWEET N SOUR (3LT)**



### **INGREDIENTS**

- 2 chicken breasts - cut into 1cm chunks
- 1 large onion - peeled and chopped
- 2 garlic cloves - peeled and chopped
- 1 pepper - peeled and cut into 2 cm chunks
- 1 small can pineapple chunks in natural juice
- 3 teaspoons cornflour
- 1 chicken or vegetable **stock cube**
- 3 teaspoons tomato puree
- 3 teaspoons **soy sauce**
- 1<sup>1</sup>/<sub>2</sub> teaspoon mixed herbs
- 150ml water
- 100ml orange juice
- 100g frozen peas

### **EQUIPMENT**

- sharp knife, chopping board
- 3ltr (large) slow cooker, can opener,
- measuring jug, small bowl, teaspoon

**SERVES:** 4

**PREP TIME:** 15minutes

**ALLERGENS:** soya, mustard, celery

**COOK TIME:** 7 hours LOW

3.5 hours HIGH

### **METHOD**

- 1** Cut the chicken into 1cm chunks and place in the bottom of the slow cooker.
- 2** Prepare the vegetables and place in the bottom of slow cooker with the peas and pineapple .
- 3** In a jug, mix the cornflour with 3 teaspoons of the water until you make a smooth paste. Then add the stock cube, puree, soy sauce, herbs, water and orange juice. Once the stock cube has dissolved pour the liquid into the slow cooker.
- 4** Place the lid on the slow cooker and cook on LOW for 7 hours. About 30 minutes before serving add the frozen peas.
- 5** Once cooked, carefully mix everything together and serve with boiled rice or noodles.

### **HANDY HINTS!**

- \* Try not to remove the lid of the slow cooker too often, as this will increase the cooking time.
- \* Any leftovers can be cooled and refrigerated for up to 2 days, or frozen for up to 1 month.
- \* If you don't have a slow cooker, this recipe can be made on the hob. Just pop everything in the saucepan, add an extra 100ml water and cook for 45 minutes.