



SLOW COOKER CHICKEN CURRY (1.8LT)



INGREDIENTS

- 1 chicken breast - cut into 1cm chunks
- 1 medium onion - peeled and chopped
- 1 garlic clove - peeled and chopped
- 1 pepper - peeled and cut into 2 cm chunks
- 1 small can pineapple chunks in natural juice
- 1½ teaspoons cornflour
- ½ chicken or vegetable **stock cube**
- 2 teaspoons tomato puree
- 2 teaspoons **soy sauce**
- 1 teaspoon mixed herbs
- 100ml water
- 100ml orange juice
- 50g frozen peas

EQUIPMENT

- sharp knife, chopping board
- 1.8ltr (small) 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.



SLOW COOKER CHICKEN CURRY (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

23teaspoons **soy sauce**

1¹/₂ 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.
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