



SLOW COOKER CHICKEN TAGINE



INGREDIENTS

- 1 large onion - peeled and chopped
- 2 garlic cloves - peeled and chopped
- 1 pepper - peeled and cut into 2cm chunks
- 50g dried apricots - chopped finely
- 300g cooked chicken
- 1 can chick peas - drained
- 1 can chopped tomatoes
- 2 teaspoons cornflour
- 1 chicken or vegetable **stock cube**
- 2 teaspoons tomato puree
- 2 teaspoons cinnamon
- 1 teaspoon curry powder
- 2 teaspoons smoked paprika
- 1 teaspoon mixed herbs
- 200ml water

EQUIPMENT

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

SERVES: 4

PREP TIME: 15minutes

ALLERGENS: cereals containing gluten, celery, mustard (in stock), soya

COOK TIME: 8 hours LOW

4 hours HIGH

METHOD

- 1** Prepare the vegetables and place in the bottom of slow cooker.
- 2** Cut the turkey into 2cm chunks and place into the slow cooker with the chopped apricots, chick peas and tomatoes.
- 4** In a jug, mix the cornflour with 3 teaspoons of the water until you make a smooth paste. Then add the stock cube, puree, cinnamon, curry powder, paprika, herbs and water. Once the stock cube has dissolved pour the liquid into the slow cooker.
- 5** Place the lid on the slow cooker and cook on LOW for 8 hours.
- 6** Once cooked, carefully mix everything together and serve with couscous or rice.

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.

