



## **SLOW COOKER CHICKEN CURRY (3LT)**



### **INGREDIENTS**

2 chicken breast - cut into 1cm chunks

1 large onion - peeled and chopped

1 pepper - deseeded and cut into 2cm chunks

1 can chopped tomatoes

2 dessertspoons dried red lentils

3 teaspoons cornflour

1 chicken or vegetable **stock cube**

2 teaspoons tomato puree

4 teaspoons curry powder

1½ teaspoons mixed herbs

1½ teaspoons garlic granules (or 2 cloves)

300ml water

### **EQUIPMENT**

sharp knife, chopping board

3ltr (large) slow cooker, can opener,

measuring jug, small bowl, teaspoon

**SERVES:** 4-6

**PREP TIME:** 15 minutes

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

**COOK TIME:** 8 hours LOW

4 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 on top of the chicken with the lentils.
- 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, curry powder, herbs, garlic and water. Mix everything together and pour the liquid into the slow cooker.
- 4** Place the lid on the slow cooker and cook on LOW for 8 hours.
- 5** Once cooked, carefully mix everything together and serve with boiled or baked wholemeal rice.

### **HANDY HINTS!**

- ✳️ Lentils are a great source of fibre and help towards your 5 a day. They will help to thicken your curry and will dissolve into the sauce - so you won't be able to see them!
- ✳️ 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.

