Slow Cooker Chicken Curry

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 medium onion - thinly sliced
- 15 oz can chickpeas, drained & rinsed
- 2 medium sweet potatoes, peeled and diced
- ½ cup light coconut milk
- ½ cup chicken stock
- 15 oz can tomato sauce
- 2 tablespoons curry powder
- 1 teaspoon salt
- ½ teaspoon cayenne powder
- 1 cup green peas - frozen
- 2 tablespoons lemon juice
- Cilantro - optional garnish

Making it

1. In the slow cooker, whisk together coconut milk, chicken stock, tomato sauce, curry powder, salt and cayenne.
2. Add chicken breasts, onion, chickpeas and sweet potatoes. Ensure they are evenly coated.
3. Cook on Low for 8 hours or High for 4 hours.
4. Stir in peas and lemon juice 5 minutes before serving. Serve over rice and with plenty of fresh cilantro.

NUTRITION FACTS

Servings: 4

PER SERVING
Calories (kcal): 302
Fat (g): 4.7
Carbohydrate (g): 43.1
Fibre (g): 8.6
Protein (g): 24.4

TIPS & HINTS

If you make a large batch, portion this recipe into individual Tupperware or food storage bags and freeze.