

This healthy Slow Cooker Chicken Curry is SO incredibly easy. No browning, no preparation. Just leave it to bubble away and come home to the most delicious, creamy but light, coconut milk curry.

INGREDIENTS:

- 4 Cloves Garlic, chopped
- 2 tsp Fresh ginger, Peeled and grated
- 3 tbsp medium curry powder
- 1/2 tsp Chilli flakes
- 1/2 tsp Salt
- 1/4 cup Mango chutney
- 1 3/4 cups Reduced fat Coconut Milk
- 1 Large Onion, very finely chopped
- 1 3/4 cups Boneless, skinless chicken thighs (about 1 lb of chicken)
- 1 tsp Garam Masala



INSTRUCTIONS:

1. Put everything apart from the Garam Masala into the slow cooker (crock pot). Give it a good stir.
2. Put the lid on and cook on HIGH for 4 hour or LOW for at least 6 hours.
3. When the chicken is tender and falling apart, gently shred it with two forks and stir in the Garam Masala. Mix well until everything is coated and softened in the sauce.

NUTRITION

Calories: 325kcal Carbohydrates: 18g Protein: 33g Fat: 11g
Saturated Fat: 6g Cholesterol: 158mg Sodium: 408mg
Potassium: 514mg Fiber: 1g Sugar: 9g Vitamin A: 120IU Vitamin
C: 4.3mg Calcium: 43mg Iron: 2.4mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.