

Slow Cooker Spicy Chicken Curry



Ingredients

- 1 tbsp vegetable oil
- 1 large onion peeled and chopped
- 3 chicken breasts boneless and skinless diced
- 3 cloves garlic peeled and minced
- 1 large piece of ginger about the size of your thumb, peeled and finely chopped (or 1 tsp ground ginger)
- 1 tsp salt
- $\frac{1}{2}$ tsp ground black pepper
- 3 tsp hot chilli powder (use less or mild chilli if you don't like your curry too hot)
- 1 tbsp ground coriander
- $\frac{1}{2}$ tbsp cumin
- 1 tbsp curry powder
- 1 tsp paprika
- 1 tsp cinnamon
- 240ml chicken stock
- 400g tin tinned chopped tomatoes
- 2 tbsp tomato puree/paste
- 2 tsp sugar this is to counteract the acidity in the tomatoes
- 400 ml can full-fat coconut milk (can be replaced by adding extra stock during cooking)

Method

- 1) Preheat your slow cooker (crockpot) to high. Heat the oil in a large pan (or the Crock Pot if it has a sear function), add in the onion and cook on a medium heat for 5-6 minutes until softened.
- 2) Add the chicken and cook for 3-4 minutes until just sealed.
- 3) Add in the garlic, ginger, salt, pepper, chilli powder, ground coriander, cumin, curry powder, paprika and cinnamon.
- 4) Stir to coat the chicken and cook for 1-2 minutes.
- 5) Add in the stock, tinned tomatoes, tomato puree, sugar and coconut milk.
- 6) Stir, bring to a gently bubble then pour into your slow cooker and cook for 3-4 hours on high or 5-6 hours on low.
- 7) Remove lid and stir. Oils will have risen to the surface - either spoon them out or stir back in. Sprinkle with fresh coriander and serve with rice