

## **Chicken Curry and Rice**

### **Ingredients**

2 onions chopped

1 red pepper chopped

2-3 tea spoons curry powder. (Use more if you like it hotter.)

8 skinless chicken thighs approx 500-600g (You can use chicken legs or pieces too.)

1 tea spoon garlic puree

2 tins of chopped tomatoes

2 stock cubes made up in 250ml of boiling water.

Salt and pepper

250g of rice to serve 4

### **Method**

1. Turn on your slow cooker to low if cooking your curry all day or high if you want to cook curry in 4 hours.
2. Place all the ingredients into the slow cooker and give the ingredients a good stir. Make sure there is just enough liquid in the cooker to cover the ingredients. Place the lid on the cooker and cook for 6-8 on hours on low or 3-4 hours on high.
3. 25 minutes before the end of cooking check the curry for salt and pepper and if its not spicy enough for you add a little more curry powder. Stir the curry and replace the lid. Put the rice on to cook and when ready serve.

If you need to bulk out the curry to make it do 2 meals why not add some frozen peas and sweet corn or a tin of chickpeas or baked beans for the last half hour of cooking.