

SLOW COOKER ORANGE CHICKEN



QUICK

Less than 15 mins

HEALTHY

Dark chicken meat is a better source of the vitamin B1 thiamine, iron and zinc than white chicken meat.

FAMILY

Feeds 5 for 2 meals

MEALS

This is great to feed a family after work. Just prep it the night before, pop it on in the morning and its ready when you get home.

INGREDIENTS

- 10 drumsticks or a mix of drums and thighs
- 2 oranges – zest of both oranges and juice of ½
- 150ml sweet chilli sauce – please see my recipe for sugar free sweet chilli sauce
- 1 tbs flour
- 2 tbs soy sauce
- Salt and pepper
- 3 garlic cloves – minced
- Optional – spring onion and sesame seeds

METHOD

1. Remove the zest from both oranges and place in a large bowl
2. Slice 1½ oranges and lay at the bottom of the slow cooker
3. Add the flour and salt and pepper to the orange zest
4. Add the chicken and mix, so the chicken is covered in the flour mix
5. Lay over the oranges
6. In a jar, mix the sweet chilli sauce, soy sauce, orange juice from the remaining orange ½ and garlic
7. Pour the sauce evenly over the chicken
8. Cook on low for 4-5 hours
9. Sprinkle the spring onion and sesame seeds over before serving.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com