



Slow Cooker recipes don?t just have to be stews! This was outstanding and really couldn?t have been easier.

Ingredients:-

4 Chicken Thighs
1 Onion, sliced
3 Cloves of Garlic, minced
½ a Red Pepper, de-seeded and sliced
1 Tin of Chopped Tomatoes
200ml of Chicken Stock
50g of Mushrooms, sliced
½ a Tsp of Dried Oregano
¼ of a Tsp of Chilli Flakes
1 Tbsp of Capers, drained
Salt & Pepper to season

Method:-

- (1) Brown the Chicken in a frying pan with a little Oil.
- (2) Season the Chicken and place in the Slow Cooker.
- (3) Add all the other ingredients apart from the Capers.
- (4) Cook on high for 4 hours or until the Chicken is tender.
- (5) Stir in the Capers.

(6) Serve over Pasta or Rice.

Our poor Parsley plant got another haircut. We'll leave it to regenerate a bit for a few days!