

Peanut Chicken and Rice

Ingredients

- 500g chicken breasts, diced
 - 2 onions, diced
- 2 garlic cloves, crushed
 - 2 peppers, sliced
 - 2 carrots, sliced
- 120g peanut butter
 - 1 tbsp cornflour
 - 2 tbsp lime juice
 - 2 tbsp soy sauce
- 1 tbsp curry powder
 - 1 red chilli, diced
- 1 tin chopped tomatoes
 - 200g rice

Methods

1. Combine all ingredients in the slow cooker.

2. Cook on low for 4 hours.

3. Serve over rice, cooked as per packet instructions.

Tip: Prefer the stove? Throw everything in a pot, bring to a boil, then simmer for 30 minutes.