

Slow cooker honey chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				501 kcal

Stuff that's in it:

- 150G Baby Mushrooms (Sliced)
- 100G Spring Onions (Trimmed And Sliced)
 - 30G Clear Honey
 - 150Ml Chicken Stock
- 800G Chicken Breast (4 Large) (With Skin On)
 - 1 Tsp Oil
 - 1 Tbsp Dijon Mustard
 - 100G Frozen Peas
- 100G Reduced Fat Creme Fraiche
- 200G Basmati Rice ((Dry Weight))

What you do:

Nutrition

- Carbs: 49g
- Fat: 8g
- Protein: 56g

