FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Slow Cooker Chicken Chasseur



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**310 kcal**

Stuff that's in it:

• 1 Tsp Oil

• 1 Pack 6 Chicken Thigh Pieces (Skinless And Boneless)

• 1 Can Chopped Tomatoes

• 150G Chopped Carrots

• 15G Tomato Purée

• 150G Chestnut Mushrooms (Sliced)

• 160G Onion (Chopped)

• 2 Cloves Garlic (Sliced)

• 1 Tbsp Fresh Thyme (Chopped)

• 1 Tbsp Fresh Parsley (Chopped)

• 2 Dried Bay Leaves

• 100Ml White Wine

• 350Ml Chicken Stock

• Black Pepper

What you do:

Start by splitting your 6 pieces of chicken thigh in half

Add oil to a large pan and add the chicken in with the onion, carrot and mushroom, cook for 3 minutes. Add the garlic and herbs, gently fry for another 2 mins then add the wine and tomato purée, cook the alcohol off and reduce slightly.

Add black pepper and the tomatoes and stock, stir well and then pour it all in to your slow cooker.

Cook on low for around 7 hours until thick.

If you want it very thick just reduce it in a pan for 5/10 minutes before serving.

Nutrition

• Carbs: 10g

• Fat: 15g

• Protein: 27g

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