



Slow Cooker Creamy Chicken and Squash Stew

There's nothing better than being able to bung everything in the slow cooker, let it do its thing, and return to a fully cooked and delicious meal! Give this one a try, it's creamy without having to feel guilty about it!

Serves 6

Ingredients

- 1 tbsp extra virgin olive oil
- 500g skinless chicken thighs, chopped into bite sized pieces
- 1 onion, finely chopped
- ½ tsp ginger, minced
- 4 garlic cloves, minced
- 3 celery sticks, chopped
- 100g button mushrooms, halved
- ½ butternut squash, peeled and chopped into bite sized pieces
- 400ml chicken/vegetable stock
- 3 bay leaves
- 2 tsp thyme
- 4 tbsp low-fat natural yoghurt
- 200g spinach
- Brown rice, to serve
- Freshly chopped basil, to serve



Method

1. Heat the oil in a frying pan before adding in the chicken thighs. Fry over a medium heat for 4-5 minutes until browned. Once browned, place in your slow cooker
2. Add the onion to your empty frying pan and heat for 2-3 minutes. Add the garlic and ginger and continue to heat for another 2 minutes, once completed, add this to your slow cooker
3. Add the stock, celery, mushrooms, butternut squash, thyme and bay leaves to your slow cooker and stir to combine, ensure that everything is covered with liquid – if not, add a little more stock
4. Place the lid on your slow cooker and cook for 8-10 hours on low
5. Approximately half an hour before serving, stir in the natural yoghurt and place the lid back on the cooker
6. Once finished, remove the lid and drop in the spinach leaves, stir through until wilted
7. Serve with brown rice and a sprinkling of chopped basil

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