

# CHICKEN WITH PEPPERS & GARLIC

Difficulty rating 

Prepared in 10 minutes

Serves 4



This is a really delicious Mediterranean style casserole full of flavour from the peppers, garlic and herbs.

## Ingredients

- 8 x 198g/7oz chicken quarters, skin removed
- 2 large red onions, finely sliced
- 2 red peppers, de-seeded and sliced
- 6 garlic cloves, crushed
- 2 pints chicken stock made with Bovril
- 2 level tablespoons tomato purée
- 2 x cans chopped tomatoes
- 2 teaspoons dried mixed herbs
- Olive Oil
- Salt and freshly ground black pepper

- 1 Place the onion, pepper and garlic in a saucepan with the chicken stock. Bring to the boil and simmer for 10 minutes. Take off the heat and add the tomato purée, chopped tomatoes and mixed herbs.
- 2 Heat a frying pan and add a little olive oil. Brown the chicken quarters for 5 minutes on each side.
- 3 Transfer the chicken to the Slow Cooker and pour over the contents of the saucepan. Season with salt and pepper and leave to cook on high heat for 4 hours. Serve with fresh vegetables.

Cooking time 4 hours 15 minutes



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