

CHICKEN CASSEROLE

Ingredients (Serves 4)

400g/14oz boneless and skinless chicken thighs
chopped into smaller pieces
2 carrots – sliced
300g/10.5oz butternut squash
– peeled and roughly chopped
1 red pepper – sliced
2 cloves of garlic – crushed
1 onion, halved and sliced
4 level tbs of soy sauce

**One
Life
Suffolk**

1/2 cup (120ml) of water
2 tbs of maple syrup
2 tbs of tomato paste
1/2 tbs of sweet paprika

Slimming[®]
—WORLD—
Partnerships

1. In a bowl, combine the soy sauce, water, maple syrup, tomato paste and paprika and whisk to combine.
2. Add the vegetables and chicken to the slow cooker and mix.
3. Pour over the sauce.
4. Set to high for 4 hours or low for 8 hours
5. Remove lid slightly for the last half hour of cooking time.
6. Once cooked serve topped with the fresh parsley and season



with salt and black pepper as needed.

7. Serve with your choice of sides.

Serve with a side of your choice.