

INGREDIENTS

- ½ kg boneless, skinless chicken thighs
- ¼ cup all-purpose flour
- 1 teaspoon combined salt and pepper
- 1 tablespoon canola oil
- ½ cup of soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons tomato sauce
- 1 tablespoon brown sugar
- 1 garlic clove (minced)
- ½ teaspoon fresh ginger (grated)
- 1 teaspoon chilli flakes
- ½ cup cashews

INSTRUCTIONS

- 1) Place chicken into a large ziplock bag
- 2) Combine flour, pepper and salt into the bag
- 3) Shake to coat chicken with flour mixture
- 4) Sear chicken for about 2 minutes on each side
- 5) Place chicken in slow cooker
- 6) Combine soy sauce, ketchup, sugar, garlic, ginger and chilli flakes in a bowl
- 7) Pour over chicken
- 8) Cook on low for 3 hours
- 9) Serve over rice
- 10) Sprinkle with cashews



Chicken Cashew Crockpot



4 servings



3.5 hours

A quick and easy meal to put in the crockpot and then walk away until dinner time.

Enjoy!