



# THE SLOW COOKER EDITION

Recipe Ebook

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Serves  
6 Adults



Prep Time  
15 Mins



276  
Calories

# MASSAMAN CURRY

## INGREDIENTS

- 1kg Lean Diced Beef
- 750g New Potatoes, Cut Into 6'th
- 200g Onion, Thinly Sliced
- 10g Fresh Ginger, Grated
- 3 Cloves Garlic, Minced
- 4g Medium Curry Powder
- 10mls Fish Sauce
- Chilli Flakes\*
- 400mls Coconut Milk
- 50g Peanut Butter
- 5g Brown Sugar
- 1 Lime Juice
- 5g Coconut Oil
- 10g Cornflour

## DIRECTIONS

- 01** Heat the oil in a frying pan on a medium heat and gently cook the onions, garlic, potatoes and ginger for 5 minutes. Add the curry powder, chilli flakes, peanut butter and continue to cook for 2-3 minutes and then transfer them into the slow cooker.
- 02** Add all the remaining ingredients to the slow cooker. Mix thoroughly and cover.
- 03** Cook on low for 8 hours.

\* Adjust to how hot you like your curry.



Serves  
6 Adults



Prep Time  
15 Mins

**276**

Calories

**38**

Protein

**13**

Carbs

**08**

Fat



Serves  
6 Adults



Prep Time  
15 Mins



332  
Calories

# BEEF AND VEGETABLE STEW

## INGREDIENTS

- 1 Tsp Olive Oil
- 1kg Lean Diced Beef
- 600g Baby New Potatoes, Chopped In Half
- 1 Onion, Chopped
- 400g Carrots, Chopped
- 200g Celery, Chopped
- 3 Garlic Cloves, Minced
- 400mls Beef Stock
- 10g Tomato Puree
- **Cornflour Mix**
- 10g Corn Flour
- 2g Smoked Paprika
- 2g Thyme
- 2g Rosemary

## DIRECTIONS

- 01** Heat the olive oil in a frying pan and brown the meat for around 3 minutes before covering with the corn flour mix. Once all the meat is coated with the mix add to the slow cooker.
- 02** Place the vegetables and garlic into the slow cooker and cover with the stock and puree. Stir everything and cover with the lid and cook on low for 7 hours.



Serves  
6 Adults



Prep Time  
15 Mins

**236**

Calories

**32**

Protein

**09**

Carbs

**08**

Fat



**HIGHER  
HORIZONS**  
HIGH PROTEIN WRAPS



Serves  
6 Adults



Prep Time  
10 Mins



329  
Calories

# PEANUT CHICKEN

## INGREDIENTS

- 1 Kg Chicken Breast, Diced
- 1 Onion, Finely Sliced
- 150g Celery, Sliced
- 2g Garlic powder
- 5g Curry Powder
- 120g Peanut Butter
- 1 Red Chilli, Finely Sliced
- 10g Cornflour
- 20g Tomato Puree
- 1 Lime Juice
- 10mls Soy Sauce
- 150ml Hot Water
- 10g Peanuts

## DIRECTIONS

- 01** Toss the chicken in the dry spices and corn flour. Add all of the vegetables and chicken into the slow cooker.
- 02** Mix the tomato pure, peanut butter, soy and lime juice together add the hot water, cover and cook on low for 5 hours.
- 03** Drain off any extra sauce and serve with the crushed peanuts.



Serves  
6 Adults



Prep Time  
10 Mins

**329**  
Calories

**43**  
Protein

**10**  
Carbs

**13**  
Fat



Serves  
5 Adults



Prep Time  
15 Mins



336  
Calories

# RED THAI CURRY

## INGREDIENTS

- 1kg Chicken Breast, Cubed
- 5g Coconut Oil
- 20g Thai Red Curry Paste
- 10g Corn Flour
- 200g Onion, Thinly Sliced
- 15g Fresh Ginger, Thinly Sliced
- 5g Palm Sugar
- 2 Cloves Garlic, Minced
- 5mls Fish Sauce Or Soy Sauce
- 10mls Lime Juice
- 200mls Coconut Milk
- 200mls Chicken Stock

## DIRECTIONS

- 01** Heat the coconut oil on a medium heat, coat the chicken in the cornflour and Thai spices, cook for around 2-3 minutes, until the chicken is sealed and starts to brown a little. Once cooked add to the slow cooker.
- 02** Add the onion, ginger, sugar and garlic a to the same frying pan and cook for 2 minutes, stir to make sure nothing sticks and burns. Add the remaining wet ingredients and mix together.
- 03** Pour over the chicken and cook with the lid on for around 4 hours on low.



Serves  
5 Adults



Prep Time  
15 Mins

**336**

Calories

**49**

Protein

**08**

Carbs

**12**

Fat



Serves  
4 Adults



Prep Time  
20 Mins



333  
Calories

## SPICED ROOT VEG & LENTIL CASSEROLE

## INGREDIENTS

- 10mls Olive Oil
- 1 Onion, Finely Chopped
- 500g Carrots, Peeled & Cut into Small Cubes
- 500g Parsnips, Peeled & Cut into Small Cubes
- 3 Garlic Cloves, Crushed
- 3g Mild Curry Powder
- 3g Smoked Paprika
- 150g Red Lentils, Rinsed
- 600mls Vegetable Stock
- 2 Bay Leaves

## DIRECTIONS

- 01** Heat a frying pan, with the oil and add the vegetables and fry for 5-6 mins more until the vegetables are just golden. Stir in the garlic and spices, and fry for 3-4 mins until fragrant, stir to make sure nothing burns.
- 02** Tip into the slow cooker and stir through the lentils, add in the stock, bay and seasoning.
- 03** Cook on low for 5 hours until the vegetables are tender and the sauce has thickened and the lentils are fully cooked.



Serves  
4 Adults



Prep Time  
20 Mins

**333**  
Calories

**13**  
Protein

**44**  
Carbs

**09**  
Fat



Serves  
5 Adults



Prep Time  
10 Mins



255  
Calories

# PULLED PORK GYROS

## INGREDIENTS

- 1kg Pork Loin
- 4g Oregano
- 3g Thyme
- 4g Smoked Paprika
- 3g Cumin
- 3g Coriander
- 2g Celery Salt
- 2g Garlic Salt
- 4 Garlic Cloves, Minced
- 250g Red Onions, Finely Sliced
- 10mls Lemon Juice
- 100mls Chicken Stock

## DIRECTIONS

- 01** In a mixing bowl combine the herbs, spices and salt. Rub the mixture all over the pork. Place the onions and garlic on the bottom of the slow-cooker.
- 02** Place the pork on top of the onions and garlic and add the remaining liquid. Cover with the lid and cook for 8 hours on low.
- 03** Remove the pork from the slow cooker and shred the meat. Once shredded mix in a little bit of the remaining juices from the slow cooker.



Serves  
5 Adults



Prep Time  
10 Mins

**255**  
Calories

**41**  
Protein

**07**  
Carbs

**07**  
Fat



Serves  
5 Adults



Prep Time  
10 Mins



276  
Calories

# HOT & SPICY KOREAN CHICKEN

## INGREDIENTS

- 1kg Chicken Breasts
- 20g Ginger, Minced
- 5 Cloves Garlic, Minced
- 5g Sriracha Seasoning
- 10mls Reduced Salt Soy Sauce
- 5g Gochujang (Korean Chilli Paste)
- 15g Dark Brown Sugar
- Handful Fresh Coriander
- 30g Cornflour
- 200mls Chicken Stock

## DIRECTIONS

- 01** Mix all of the ingredients with the chicken until well coated, apart from the cornflour and chicken stock.
- 02** Add all of the ingredients to the slow cooker along with the chicken stock.
- 03** Cover and cook on low for 4 hours, at this point add the cornflour (Mixed with a little water) and stir into the sauce and continue to cook until the sauce thickens slightly.



Serves  
6 Adults



Prep Time  
10 Mins

**276**

Calories

**48**

Protein

**12**

Carbs

**04**

Fat



**HIGHER  
HORIZONS**  
HIGH PROTEIN WRAPS



**Serves  
5 Adults**



**Prep Time  
5 Mins**



**414  
Calories**

# COCONUT CHICKEN CURRY

## INGREDIENTS

- 1kg Chicken Breast, Sliced
- 200g Red Onion, Fine Diced
- 4 Cloves Garlic, Sliced
- 1 Fresh Chilli, Finely Sliced
- 30g Desiccated Coconut
- 2g Ground Turmeric
- 100g Peanut Butter
- 2g Salt & Black Pepper
- 15g Cornflour
- 100mls Chicken Stock
- 30mls Coconut Milk
- 1 Lime Zest & Juice
- 30g Shredded Coconut

## DIRECTIONS

- 01** Mix all of the dry ingredients (apart from the shredded coconut) with the chicken until completely coated. Add to the slow cooker, cover with the liquid and cook on low for 5 hours.
- 02** Top with the shredded coconut and serve.



Serves  
5 Adults



Prep Time  
5 Mins

**414**

Calories

**52**

Protein

**11**

Carbs

**18**

Fat



Serves  
4 Adults



Prep Time  
20 Mins



275  
Calories

# SRI LANKAN SWEET POTATO SOUP

## INGREDIENTS

- 5ml Oil
- 1kg Sweet Potatoes, Peeled And Chopped Into Chunks
- 400g Onions, Sliced
- 4 Cloves Garlic, Crushed
- 15g Ginger, Peeled, Sliced
- 2 Red Chillies, Sliced
- 300g Red Peppers, Sliced
- 700mls Vegetable Stock
- 400mls Coconut Milk (Reduced Fat)
- 10g Peanut Butter

## DIRECTIONS

- 01** Heat the oil in a large non-stick frying pan and add the onion. Fry gently for 10 mins until soft then add the garlic, chillis and ginger straight into the pan and cook for another minute then tip into the slow cooker.
- 02** Add all the other ingredients (apart from the peanut butter and coconut milk) and stir to mix everything together. Cook for 6 hours or until the sweet potatoes are tender.
- 03** Stir in the peanut butter and coconut milk, season well with salt and pepper. Blitz with a hand blender and serve.



Serves  
4 Adults



Prep Time  
20 Mins

**275**  
Calories

**06**  
Protein

**45**  
Carbs

**08**  
Fat



Serves  
5 Adults



Prep Time  
10 Mins



362  
Calories

# HUNGARIAN PORK GOULASH

## INGREDIENTS

- 1 Kg Pork Fillet, Cubed
- 2 Onions, Sliced
- 4 Cloves Garlic, Minced
- 300g Mixed Peppers, Diced
- 2g Smoked Paprika
- 2g Chilli Powder
- 3g Oregano
- 15mls Red Wine Vinegar
- 200mls Passata
- 100mls Chicken Stock

## DIRECTIONS

- 01** Place all of the ingredients apart from the peppers to the slow cooker, cook on low for 4 hours.
- 02** Add the peppers and cooker for 2 hours more.



Serves  
5 Adults



Prep Time  
10 Mins

**362**  
Calories

**47**  
Protein

**12**  
Carbs

**14**  
Fat



Serves  
6 Adults



Prep Time  
5 Mins



308  
Calories

# CARIBBEAN CHICKEN

## INGREDIENTS

- 1kg Chicken, Diced
- 250g Red Onions, Diced
- 300g Red/Yellow Pepper, Diced
- 400g Chopped Tomatoes
- 400g Tinned Pineapple Chunks (In pineapple Juice)
- 10g Corn Flour
- 10g Smoked Paprika
- Chilli Flakes
- 1 Lime Juice & Zest
- 100mls Orange Juice
- 2g Salt & Ground Black Pepper

## DIRECTIONS

- 01** Mix the chicken with the cornflour, chilli flakes and paprika.
- 02** Arrange the vegetables on the bottom of the slow cooker. Place the chicken on top.
- 03** Mix all the wet ingredients together add the salt and pepper in a jug and pour over chicken and vegetables.
- 04** Cook on low for 5 hours.



Serves  
6 Adults



Prep Time  
5 Mins

**308**  
Calories

**40**  
Protein

**28**  
Carbs

**04**  
Fat



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