



**SHEFFIELD'S
SWEET ENOUGH**

**SLOW COOKER
CHICKEN SAAG**

SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

Slow cooker chicken saag

 Low saturated fat

Use your slow cooker to make this easy chicken saag curry that's low in saturated fat and packed with fresh spinach.

 Feeds 4  Ready in 4 hours 30 minutes

Each serving contains

Energy	Fat	Saturates	Sugar	Salt
13%	Low 8%	Low 4%	Low 11%	Low 12%
1067kj 252kcal	5.7g	0.9g	10.1g	0.72g

% of adult's reference intake | Carbohydrates per serving: 14g

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Ingredients

- 1 red onion, roughly chopped
- 5 garlic cloves, roughly chopped
- 5cm ginger, roughly chopped
- 1 tbsp Co-op vegetable oil
- ½ tsp turmeric
- 1 tsp ground coriander
- 1 tsp garam masala
- 500g Co-op passata
- 4 Co-op British chicken breasts, chopped into bite-sized pieces
- 1 green chilli, halved lengthways
- 4 plump cherry tomatoes, halved
- 4 x 125g bags Co-op British baby spinach, roughly chopped
- ½ x 25g pack coriander, leaves only, roughly chopped
- Cooked brown rice, to serve

Method

1. Whizz the red onion, garlic and ginger, together with seasoning, in a food processor, adding a drop of water to loosen the mixture if needed
2. Heat the oil in a frying pan and fry the onion mixture, along with the spices and some black pepper
3. Cook until softened and the spices are fragrant
4. Stir in the passata and bring to a simmer, then transfer carefully into a slow cooker
5. Add the chicken, chilli and tomatoes, along with 150ml water, then cover and cook on medium for 3 hours
6. When the time's up, add the spinach and cook for another hour
7. To serve, stir half the coriander into the saag and garnish with the rest
8. Remember to remove the halved chilli, then serve with brown rice

YUM YUM