

## SLOW COOKER CARIBBEAN CHICKEN CURRY

Fancy some creamy chicken dish with the perfect combination of curry spices and Caribbean accent? This slow cooker dish is one to try. A one-pot meal of chicken thighs that are slowly cooked with spices, coconut milk, veggies, and curry. This recipe offers lip-smacking goodness and heavenly aroma.

Prep Time	Cooking Time	Total Time	Serving	Calories
<b>15 mins</b>	<b>180 mins</b>	<b>195 mins</b>	<b>5 people</b>	<b>384 kcal</b>

### HOW TO DO IT

1. Rub on the chicken some pepper, salt, and curry spice to season. Set aside for now.
2. Using a large skillet, heat oil over medium heat and add the chicken then cook on both sides around 4-5 minutes until brown.
3. Take out the chicken then set aside. Drain the oil from the skillet then leave at least 2 tbsp.
4. Add your spices: onions, minced garlic, paprika, thyme, curry powder. Allow the flavours to blossom for around 5 minutes with stirring. You can choose to add the scotch bonnet now or add it during the last 45 minutes after adding the veggies.
5. Now, add your liquids. Pour in the water, coconut milk, tomato paste and bay leaf. Let it simmer for 2 minutes.
6. Season it with 1 teaspoon of salt and ½ tsp. of chicken bouillon (or adjust to your preference).
7. Place in the slow cooker and add the chicken thighs. Add in gently the potatoes.
8. At approximately 45 minutes before chicken is cooked, add the vegetables and cook until everything is ready.
9. Allow to cool and serve afterwards.

**Enjoy your delicious authentic caribbean chicken curry!**

- 3-3 ½ pound chicken thighs
- 1 tsp. curry spice/powder
- Pepper and salt
- ¼ cup canola or cooking oil
- 1 sliced onion
- ½ cup water

- 1 tbsp. minced garlic
- 2-3 sprigs thyme
- ½-1 Tsp. paprika
- 1 ½-2 tbsp. Curry spice/powder
- 1 cup coconut milk

- 1 tbsp. tomato paste
- 1 Scotch bonnet pepper
- 1 pound carrots and green beans
- 1 pound potatoes peeled and cut into medium pieces
- 1 bay leaf