

OPEN KITCHEN RECIPES



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The healthy, budget friendly “Chinese take-away” alternative recipe and method

Servings:

6 servings as a full meal on its own, or 10-12 servings with noodles or rice as a side. Can be scaled down or make a big batch and pop left overs in plastic tubs in the freezer for quick dinners on another night!

Cooks for:

5-7 hours in the slow cooker (very low energy, costs approx 30p in electricity on a standard tariff)

Prep / Active cooking time: 15 minutes

Cooking equipment:

- 3.5 litre capacity slow cooker
- 1 chopping board
- 1 sharp knife
- 1 dessert spoon and one teaspoon

Ingredients

500g of raw chicken - you can use any meat, tofu, or just extra veggies for this recipe

1 teaspoon garlic powder

½ teaspoon ginger powder

2 dessert spoons soy sauce

2 dessert spoons teriyaki sauce

1 x stock cube (veg or chicken)

2 x cups of water

1kg of any vegetables - for this recipe we have used - 1 medium onion, ¼ head of cabbage or any leafy green, 200g carrot, 1 x 300g tin of sweetcorn.

250g of dried noodles (you can just use spaghetti / pasta) or rice.

Method:

Chop all the vegetables (shown in the video). If you can't access the video, all we're aiming to do is chop each of the different vegetables into cubes approx 1.5cm, or about the size of the top part of your thumb.

Add all the raw chopped veggies into the slow cooker.

Add all the spices and stock cube to the slow cooker.

Add the soy sauce, teriyaki sauce, and water to the slow cooker.

Stir well so that all ingredients are mixed together.

Place the raw chicken pieces in an even layer on top of the veggies and sauce.

Pop the lid on the slow cooker, turn the slow cooker on, and leave the recipe to cook for 5-7 hours. The recipe can cook over night for up to 14 hours and will be absolutely fine.

Serve! This recipe contains meat and veggies, so it's a perfectly nutritious meal on its own, but can also be served with rice or noodles on the side.

If you want to add noodles or rice, just add them raw into the slow cooker around 40 mins before you want to serve, and stir every 10-20 mins to ensure they absorb moisture and cook evenly.

Nutrition Facts

Per Serving for vegan / lentil version (estimate): Calories: 320kcal Carbohydrates: 71g Protein: 6g Fat: 3.4g Sodium: 783mg Fibre: 8g Sugar: 22g