

# Slow-Cooker Sesame-Ginger Chicken and Sweet Potatoes

0 comments

MAIN COURSES

CHICKEN

SLOW COOKER

A cookbook recipe exclusively for All-Access members from [The Complete Slow Cooker](#)

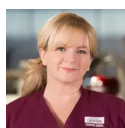
**SERVES** 4

**TIME** 2 to 3 hours on low

**SLOW COOKER SIZE** 4 to 7 quarts

## WHY THIS RECIPE WORKS

We started by using the microwave to bloom an aromatic oil mixture and then letting it cool slightly before rubbing it directly onto bone-in chicken breasts (skin removed) for a big flavor boost. Microwaving the potatoes before placing them in the bottom of the slow cooker ensured that they would be fully tender when the chicken finished cooking. Once our chicken and potatoes were perfectly cooked, we whisked together a quick pantry-friendly dressing to accompany the finished dish, along with fresh garnishes to make for a simple and satisfying slow-cooker meal with a vibrant appeal. [Read Less](#)



## TRY THIS RECOMMENDED COOKING COURSE

Easy Holiday Side Dishes

## GATHER YOUR INGREDIENTS

- ☐ 3 tablespoons vegetable oil
- ☐ 4 teaspoons grated fresh ginger
- ☐ 3 garlic cloves, minced
- ☐ Salt and pepper
- ☐ 1 ½ pounds sweet potatoes, peeled and cut into 1-inch pieces
- ☐ 1 red bell pepper, stemmed, seeded, and cut into ¼-inch-wide strips
- ☐ 4 (12-ounce) split bone-in chicken breasts, skin removed, trimmed
- ☐ 2 tablespoons toasted sesame oil

- ☐ **1** tablespoon water
- ☐ **1** tablespoon rice vinegar
- ☐ **1** teaspoon honey
- ☐ **1** teaspoon Asian chili-garlic sauce
- ☐ **2** teaspoons sesame seeds, toasted
- ☐ **2** scallions, sliced thin on bias

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**View Nutritional Information** 

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## KEY EQUIPMENT

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Mixing Bowls



Slow Cookers



Best Chef's Knives



## BEFORE YOU BEGIN

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You will need an oval slow cooker for this recipe. Check the chicken's temperature after 2 hours of cooking and continue to monitor until it registers 160 degrees.

1

## INSTRUCTIONS

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Microwave 2 tablespoons vegetable oil, 1 tablespoon ginger, garlic,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon pepper in bowl until fragrant, about 30 seconds; let cool slightly.

2

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Toss potatoes with remaining 1 tablespoon vegetable oil,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper in large bowl. Cover potatoes and microwave, stirring occasionally, until almost tender, 8 to 10 minutes; transfer to slow cooker with bell pepper. Rub chicken with oil mixture; arrange skinned side up in even layer in slow cooker. Cover and cook until chicken registers 160 degrees, 2 to 3 hours on low.

3

Whisk sesame oil, water, vinegar, honey, chili-garlic sauce, and remaining 1 teaspoon ginger in bowl until combined. Season with salt and pepper to taste. Transfer chicken to serving dish. Using slotted spoon, transfer vegetables to dish with chicken; drizzle with half of dressing. Sprinkle with sesame seeds and scallions. Serve, passing remaining dressing separately.

## RECOMMENDED READING



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