

Slow cooker paprika veg (4 portions; 30m + cooking time)

For the pot

All amounts are approximate, feel free to adjust to taste and the space in your slow cooker.

1 courgette (240g)
2 carrots (240g)
300g potatoes in large chunks
1 onion (200g) or bunch of spring onions
1 tin tomatoes

1 tin chickpeas or ~160g chicken breast

1 garlic cube
3-4 tsp smoked paprika
1 chicken or veg stock cube + splash of hot water
2 tsp mixed herbs
ground black pepper to taste
1 tsp salt

If using chicken, cut into small pieces, add a bit of salt and a tsp of smoked paprika and mix well.
Add a little olive oil if needed to help spread the spices.

Chop the rest into chunks and pile everything into the slow cooker, starting with the harder veg (carrots, potatoes). Add the spices somewhere in the middle.
If you prefer courgette firmer, leave this out and add half way through cooking.

If prepping the night before, leave the chicken and hot water separate to the veg and add in when you start cooking.

Cook on high for 2-3 hours and 4-5 hours on low, or 8-9 hours on a low heat (will vary with slow cooker and how well-done you like things).

Good with cheese and wholewheat pasta or chunky bread and butter.