

Slow cooker lemon chicken pasta (3 portions; 2h 45m)

Adapted from: https://www.bbc.co.uk/food/recipes/slow_cooker_creamy_00351

For the chicken

320-360g boneless chicken thighs

1 stock pot or cube

2 frozen garlic blocks or 4 cloves fresh garlic

1 heaped tablespoon dried basil

grated zest of 1 lemon

salt and pepper to taste

500ml hot water

Trim the chicken thighs a little, but don't remove all the fat as this gives the dish flavour. Cut them into large chunks and mix in some salt.

If using fresh garlic, roughly chop it.

Add all the ingredients to the pot, mix well, and set it to high or auto for 2 hours. After about 10-15 minutes, stir again to make sure the stock and garlic are well mixed.

For the pasta

1 large/2 small courgette

225g spirali pasta

Mix in the pasta. Chop the courgette into chunks and spread on the top.

Cook for a further 30-40 min on high – test the pasta at 30min to make sure it's not going soggy! It may need a stir at that point too, but try to keep the pasta immersed in the liquid. Add a little more if needed.

Optionally serve with cheese or 100g crème fraiche.