

slow cooker coconut turmeric chicken

MAKES 8 servings

RECIPE ADAPTED FROM: [Meal Garden](#)

COOK TIME: 4-8 hours

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- 1 whole chicken, preferably free range
 - ½ cup lite coconut milk (I use Trader Joe's Light Coconut Milk in the can)
 - 2-4 inch knob of fresh turmeric, grated
 - 2-4 inch knob of fresh ginger, grated
 - 3-4 cloves garlic, peeled and minced
 - 4 cups fresh baby spinach, torn into pieces
 - Sea salt and pepper, to taste
 - Scallions, to garnish
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PEEL turmeric and ginger with a vegetable peeler and grate with a fine grater. Mince garlic.

MIX coconut milk, garlic, ginger and turmeric in the bottom of your slow cooker. If you want it creamier, add ⅓ cup more coconut milk.

SEASON chicken liberally with salt and pepper, making sure to season inside the cavity.

PLACE chicken in the slow cooker and spoon some of the mixture over the top of the chicken.

PUT the lid on and cook on HIGH 4 hours or LOW 6-8 hours.

REMOVE chicken from slow cooker once cooked. Pull meat off the bone and shred it. Reserve the bones for stock later if you like. Discard the skin.

ADD baby spinach to the hot liquid in the slow cooker and toss in liquid until spinach wilts (about 1 minute).

ADD shredded chicken back to slow cooker and stir together with spinach and liquid.

TASTE and adjust for seasoning.

MAKE IT A MEAL: serve with a baked sweet potato, cucumber salad and fresh berries.

