



**APPETITE & THE WILD**  
Cook • Fish • Hunt



by MELISSA FROHLOFF

## Slow cooker sweet and sour chicken

### Ingredients

- 8 chicken drumsticks
- 1 brown onion, chopped
- 2 x 440g cans diced pineapple
- 1 large red capsicum, chopped
- 1 1/2 tbsp olive oil
- 2 large cloves garlic, crushed
- 1 cup chicken stock
- 520g sweet and sour sauce
- 1/2 cup medium-grain white rice
- 1 tbsp soy sauce

### Method

- Heat two teaspoons of oil in large non-stick pan. Cook chicken in batches until brown all over. Transfer to bowl of the slow cooker.
- Heat remaining oil in pan. Add onion and capsicum and lightly brown. Add garlic to pan, cook and stir until fragrant. Transfer to slow cooker bowl.
- Add sweet and sour sauce, pineapple, soy sauce and stock to slow cooker, stirring until all ingredients are combined. Season with salt and cracked pepper.
- Place lid on cooker and simmer on low for two hours.
- Increase heat to high, add rice and stir until well combined. Cook for a further 50 minutes.

Serves: 4 | Prep time: 10 minutes | Cooking time: 3 hours