



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

SLOW COOKER RECIPES

BEEF PROVENCAL

3tbsp olive oil
55g lean bacon
450g shin of beef or stewing steak, cubed
1 onion diced
2 carrots cut into chunks
1 garlic clove crushed
2 pieces of celery cut into chunks
2 tomatoes, diced
1 tbsp sun dried tomato paste
250ml red wine or hot stock
150ml beef stock hot
1 orange - zest and juice
Fresh thyme
Black pepper

Turn the slow cooker on to the high setting.

Heat 2tbsp olive oil in frying pan. Brown the meat about 5 chunks at a time, coat them in flour (gluten free or plain flour) and transfer to the slow cooker pot.

Heat the remaining oil in the frying pan and fry onions gently. Add the carrots, tomatoes and sun dried tomato paste. Transfer to the slow cooker pot.

Pour in the orange juice, zest and fresh thyme.

Pour over the wine and stock.

After 15 mins turn the slow cooker down to the low setting.

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SLOW COOKER PORK AND RED CABBAGE WITH APPLES

1.5 kg pork shoulder diced
1 tbsp black peppercorns
1 tbsp thyme leaves
3tbsp olive oil
2 onions chopped
1.5 kg red cabbage shredded
2 apples, peeled and cut in large chunks
425 ml hot pork stock and apple juice or cider
200 g pack vacuum pack chestnuts
2tbsp red currant jelly
Black pepper

30 mins preparation

Turn the slow cooker on to the high setting.

Heat the oil in a frying pan. Cut the pork into thick slices. Coat in gluten free or plain flour. Fry the pork until browned. Transfer to the slow cooker pot with the peppercorns placed onto the pork.

Add the onions to the frying pan and cook until soft. Transfer to the slow cooker pot.

Put the red cabbage, apples, thyme and chestnuts into the slow cooker pot. Pour over the hot stock and red currant jelly.

After 15 mins turn the slow cooker down to the low setting.

SLOW COOKER MANGO CHICKEN CURRY

1 onion diced
8-10 boneless chicken thighs
1 sweet potato cut into chunks
2 red peppers cut into chunks
1 ripe mango cut into small chunks
1 packet fresh spinach or frozen
2tbsp Thai Taste green curry paste
Hot chicken stock
100 g red lentils
Olive oil

20 mins preparation

Turn the slow cooker on to the high setting

Heat 2tbsp olive oil in a frying pan and brown the chicken in batches. Coat the chicken in gluten free or plain flour. Add the curry paste to the chicken and stir. Transfer to the slow cooker.

Add the sweet potato, red peppers, mango and red lentils followed by the hot chicken stock.

After 15 mins of cooking, turn the slow cooker down to the low setting.

30 mins before you are ready to eat stir in the spinach.

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Working towards better health