



Spin Your Own Axis

Crockpot Chicken in Masala Sauce

Chicken cooked in the crockpot is my favorite because it saves me tons of time. This recipe has proven to be another stress-free and easy recipe with so many flavors, just as I love my plates.



- **Prep Time:** 15 minutes
- **Cook Time:** 6 hours
- **Total Time:** 6 hours 15 minutes on the crockpot. (You can leave unsupervised)
- **Serving:** 5

Ingredients

- 4.5 oz. Chicken breast (Total of 22.5 oz. for 5 servings)
- Coconut Spray
- 2 teaspoons Garlic powder
- 2 teaspoons Lemon Garlic powder
- 2 teaspoons Lime Chile Powder
- 1/4 teaspoon pepper
- 1 Lime
- 1.5 oz Cauliflower Florets Frozen
- 30g Organic Peas Frozen
- 60g Garbanzo beans
- 80g Masala Sauce
- 48 g Organic Brown Basmati Rice(Total of 480g for 5 servings)

Instructions

1. Marinate chicken breast with garlic, lime chile, lemon garlic and black pepper powder, lime and masala sauce.
2. Prepare crockpot and place on high.
3. Prepare and weigh the Basmati brown rice, then rinse.
4. Preheat pan, add 2 tbsp. of olive oil with a 2 teaspoon of lemon garlic powder, then add Basmati brown rice and mix well to absorb the lemon garlic before adding water.
5. Add water. A trick to adding water is always add double in grams or ounces of water (depending on which weigh conversion you used initially) For example, 240g of Quinoa will need 480g of water. Let it cook in high until boiling, then reduce to low for remainder of time.
6. Spray the crockpot with coconut spray, add chicken breast to crockpot. Cook for about 3 ½ hours before adding the veggies.
7. At 3 ½ - 4 hour mark, add cauliflower and organic peas and let it cook for another 1 to 1 ½ hours before adding the garbanzos on the last 20-30 minutes.
8. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

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| • Serving Size: 1/5 | Calories: 450 |
| • Carbohydrates: 62g | Sodium: 614mg |
| • Fat: 6g | Sugar: 10g |
| • Protein: 37g | Iron: 11% |
| • Fiber: 9g | |