

# **Herb Chicken**

## **Ingredients:**

- 1-2 Tablespoons Dijon Mustard**
- 1/2 teaspoon powdered chilli**
- 2 shakes Oregano Leaves**
- 3 shakes Italian herbs**
- 1 tsp powdered ginger**
- 1 tsp ground pepper**
- 1 tsp ground Himalyan Salt**
- 1 tablespoon of rice malt syrup/honey**
- 6 chicken thigh fillets**
- 1 capsicum (in strips)**
- 2 tablespoons parsley**
- 1/3 cup of slivered almonds**

## **Method:**

- 1. Put chicken and all ingredients apart from capsicum, parsley and slivered almonds in the slow cooker.**
- 2. Place slow cooker on high for 3 hours (or place in the oven for 60 minutes on 150'C)**
- 3. Just before serving, fry capsicum until soft. Add Parsley and slivered almonds until fragrant.**

**Serve on top of the chicken**

**By Jessinta Howard**