

Pot Roast Chicken

Ingredients

1 chicken - the largest size that will fit into your slow cooker
Veg of your choice, chopped (I used celery, kale and broccoli).
Olive or coconut oil

Oil the sides of your slow cooker pot. Place a handful of veg in the bottom then put your chicken in, upside down so the breasts are at the bottom. Shove the remaining veg around the chicken and into the cavity, anywhere that you can find space. Put the lid on your pot and pop it in the slow cooker on high for approx 8 hours.

By the time you come in after work the aroma from your slow cooker will be just heavenly and your bird will be moist and tender. The veg will have cooked in the chicken juices so will be lovely and soft and flavourful too.