

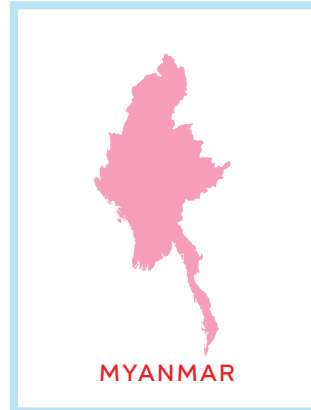
GLUTEN-FREE / NUT-FREE / SOY-FREE / QUICK PREP

BURMESE CHILI CHICKEN

Prep time: 15 minutes

Cook time: 4 to 5 hours on low, 2 to 2½ hours on high

Serves 5 or 6



Burmese Chili Chicken is a spicy stir-fry that is usually cooked in a wok. But don't worry, there's no compromising on flavors when cooked in a slow cooker. The slow cooker creates a little more sauce, and there are so many layers of flavor from the spices. Serve this fiery dish with a side of rice.

Cooking spray

3 pounds boneless, skinless chicken thighs, cut into bite-size pieces

2 tablespoons vegetable oil

1 tablespoon finely minced garlic

2 teaspoons peeled, finely minced fresh ginger

1 small onion, finely diced

1 Anaheim or poblano chile, halved, seeded, and cut into ¼-inch strips

2 tablespoons fish sauce

3 teaspoons sweet paprika

2 teaspoons ground cumin

½ to 1 teaspoon ground cayenne pepper

½ teaspoon ground turmeric

2 tablespoons cornstarch

2 tablespoons cold water

1 green bell pepper, seeded and cut into ½-inch pieces

1 red bell pepper, seeded and cut into ½-inch pieces

Salt

Freshly ground black pepper

1. Spray the slow cooker with cooking spray and place the chicken inside.
2. In a medium pan, heat the oil over medium-high heat. Sauté the garlic and ginger for 1 minute, then add the onion and chile and cook until fragrant, about 2 more minutes.
3. Remove the pan from the heat and add the fish sauce, paprika, cumin, cayenne, and turmeric. Stir to combine. Add the sauce to the slow cooker, and stir to evenly coat the chicken.
4. Cover and cook on low for 4 to 5 hours, or on high for 2 to 2½ hours.
5. In a small bowl, whisk together the cornstarch and cold water. Add the cornstarch mixture, green bell pepper, and red bell pepper to the slow cooker and stir.
6. Cover and cook on high for about 15 minutes, until the glaze thickens.
7. Season with salt and ground pepper and serve.

INGREDIENT TIP: Anaheim and poblano chiles are both mild peppers that work great alongside bell peppers in dishes like this to add texture and depth. While these peppers are typically mild, the cayenne pepper gives this dish most of its heat, so be sure to add more if you like it hot or less if you prefer a milder dish.

Per Serving: Calories: 405; Total fat: 17g; Protein: 54g; Carbs: 9g; Fiber: 2g; Sugar: 2g; Sodium: 831mg