

goodFOOD
in partnership
with **TOWER**



6.5L

Digital Slow Cooker

User Instruction Manual

GF16011





Delicious stews, hearty casseroles and one-pot meals for the whole family

Get the most out of your kitchen with the 6.5-Litre Digital Slow Cooker, from Good Food in partnership with Tower. For over 30 years, Good Food has been at the forefront of testing and reviewing kitchen equipment. Now, we've partnered with Tower to bring you a new range of products designed to help you create delicious meals for every taste and occasion.

Table of contents

This box contains	4
Specifications	4
Important safety information	5
- General safety	5
- While Slow Cooking	6
- Plug and cord	6
Getting to know your Appliance	7
Before first use	8
Using your Appliance	8
- Preparing the Slow Cooker for Use	8
- Preparing Food	9
- Temperature Control Settings	10
- The Delay Function	10
- Slow Cooking Guide	11
- Suitable foods	11
- Slow Cooking Tips	12
- Adapting Your Recipes to the Slow Cooker	13
Troubleshooting	14-15
Cleaning and care	16
Disposal of the unit	16
Recipes	17-19
Customer support	20
Thankyou	20

This box contains

6.5L Slow Cooker
Instruction Manual



Specifications

Rated Voltage	220-240V
Frequency	50/60Hz
Power Consumption	290W
Capacity	6.5L
Standby Mode	0.5W
Off Mode	0.0W

Important safety information

Please read these safety **NOTES** carefully **BEFORE** using your Tower appliance.

These warnings have been provided in the interest of safety. Basic safety precautions should always be followed including the following;

Key Safety Points

- CAUTION: Wear oven mitts when handling the slow cooker as the surface may be extremely hot!
- CAUTION: While in use, hot steam may rise from the cooking pot. Be careful when handling.
- CAUTION! DO NOT use the KEEP WARM setting to cook food. DO NOT keep the slow cooker on this setting for more than 4 hours.
- Do not touch the hot surfaces. Use the unit's handles or wear oven mitts.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.

GENERAL SAFETY

- Do not immerse cords, plugs or any part of the appliance in water or any other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Children should not play with the appliance.

It is important that this user instruction manual is retained for future reference.

If the appliance is given to someone else, it should always be accompanied by these operating instructions, as they form an integral part of the appliance.

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance should not be undertaken by children without supervision.
- Take care when any appliance is used near pets.
- Switch off and unplug before fitting or removing accessories, after use and before cleaning.
- Allow the appliance to cool down for approximately 30 minutes before fitting or removing accessories or cleaning.
- If the supply cord or appliance is damaged, stop using the appliance immediately and seek advice from the manufacturer, its service agent or a similarly qualified person.
- The use of accessory attachments is not recommended by the appliance manufacturer, apart from those supplied with this product.
- Do not use the appliance outdoors.
- Do not place the appliance on or near a hot stove top or heated oven.
- Take care when moving the appliance, or removing accessories and food as hot oil or other hot liquids may be present.
- This appliance is for household use only.
- Do not place anything on top of the appliance.
- Do not clean the appliance with metal kitchen utensils, caustic or abrasive cleaning agents or scouring sponges.
- Do not use this appliance for anything other than its intended use.

Important safety information

WHILST SLOW COOKING

- Check that the voltage of the main circuit
- Do not use the appliance on a gas or flame.
- IMPORTANT: Do not use this product in conjunction with automatic timers.
- Never attempt to move or clean this product until it has completely cooled.
- Avoid sudden temperature changes, such as adding refrigerated foods into a heated pot.
- To reduce the risk of electric shock, cook only in the cooking pot.
- Use extreme caution when removing hot food.
- Carefully tilt the lid away from you when uncovering to avoid scalding and allow water to drip into the pot.
- To disconnect, press the Cancel button, then remove the plug from the wall outlet.
- Do not set a hot container on a wet or cold surface.
- Unplug from the wall outlet when not in use and before cleaning. Allow the appliance to cool before putting on or taking off parts and before cleaning the appliance.
- IMPORTANT: If you forget to switch your slow cooker on or accidentally put uncooked ingredients on the KEEP

WARM function, you must throw away your ingredients and start again. Any food that sits below 73° can harbour bacteria.

- This appliance is for household use only and similar applications, such as: staff kitchen areas in shops, offices and other working environments, farm houses, by clients in hotels, motels, and other residential type environments, or by bed and breakfast type environments.

Plug and Cord

- Check that the voltage of the main circuit corresponds with the rating of the appliance before operating.
- WARNING: Do not let the cord hang over the edge of a table or counter, serious burns may result from the slow cooker being pulled off the counter where it may be grabbed by children or become entangled with the user.
- Do not let the supply cord touch hot surfaces.
- Do not carry the appliance by the power cord.
- Do not use any extension cord with this appliance.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Do not pull the plug out by the cord as this may damage the plug and/or the cable.
- Do not plug and unplug with wet hands.

It is important that this user instruction manual is retained for future reference.

If the appliance is given to someone else, it should always be accompanied by these operating instructions, as they form an integral part of the appliance.

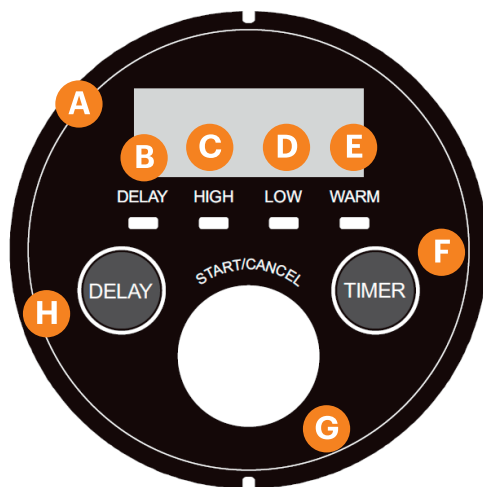
Getting to know your appliance

- A. Lid with handle
- B. Slow cooker handles
- C. Aluminium Cooking pot
- D. Control Panel
- E. Non-Stick Feet



Control Panel

- A. LED display
- B. Delay indicator
- C. High temperature indicator
- D. Low temperature indicator
- E. Keep warm indicator
- F. Timer key
- G. Start/cancel key / temperature selection dial
- H. Delay key



Before first use

Preparing for use

Read all instructions and safety information carefully before first use. Please retain this information for future reference.

1. Carefully unpack and remove the parts from the packaging.
2. Place the slow cooker on a flat, dry surface.
3. Remove any promotional labels or stickers.
4. Wash the cooking pot and glass lid in hot, soapy water with a mild household detergent.
5. Rinse and dry thoroughly.
6. DO NOT immerse the appliance, its cord or plug in water or any other liquid.
7. Do not use harsh abrasives or chemicals.
8. Dispose of the packaging in a responsible manner.
9. Wipe the exterior of slow cooker heating base with a clean, damp cloth.

Your appliance is now ready for normal use.

Using your appliance

PREPARING THE SLOW COOKER FOR USE

1. Place the base of the slow cooker on a flat, dry, heat resistant surface.
2. Before first use, fill the aluminium cooking pot with tap water and cover it with the glass lid. Be careful not to overfill the pot, to prevent spillages. We recommend filling the pot between 1/2 and 3/4 capacity.
3. Plug the slow cooker on, turn the control dial to the HIGH position and allow the appliance to heat up for approximately 20 minutes. The appliance will emit a slight odour; this is normal and should disappear after a few minutes of use.
4. Once the slow cooker has finished heating, turn the control dial to the OFF position and allow it to cool for 20 minutes. When the appliance has fully cooled down, remove the aluminium pot from the unit using oven gloves, and pour the water out.
5. Rinse the aluminium pot in cold water, dry it thoroughly, and place it back inside the base unit.
6. Your slow cooker is now ready for use.

PREPARING FOOD

1. Place your prepared ingredients into the cooking pot and cover with a glass lid. Ensure the lid is centred. Fill the pot between 1/2 and 3/4 capacity to avoid over or under-cooking. Do not overfill the cooking pot.
2. Plug the slow cooker into the mains outlet.

CAUTION! Make sure all of the temperature controls are set to the OFF position before plugging in the appliance.

1. Select the desired temperature setting by turning the control dial to the required setting: LOW, HIGH or WARM. Press down on the centre of the dial to confirm the selection.
3. Once the desired temperature has been set, use the control dial to select and set a cooking time. Press down on the centre of the dial to confirm the selection. Alternatively, simply press down on the centre of the control dial when the time selection screen appears to use the default cooking time for the selected temperature, as detailed in the table in the Slow Cooking Guide section of this instruction manual.
2. If necessary, press down on the centre of the control dial to pause or cancel a cooking cycle while it is in operation. Press down on the dial again to resume the cooking cycle.
3. When cooking is complete, the unit will give off a sound prompt and automatically go into Keep Warm mode for a period of up to four hours. Once this time elapses, there will be another sound prompt, and the unit will automatically go into Standby mode.

CAUTION! DO NOT use the KEEP WARM setting to cook food. **DO NOT** keep the slow cooker on this setting for more than 4 hours.

4. Carefully remove the cooking pot from the slow cooker base.

CAUTION! ALWAYS wear oven gloves when handling the slow cooker's hot surfaces, including the cooking pot and glass lid.

Note: When removing the glass lid, tilt it so that the opening faces away from you to avoid being burnt by steam.

5. Do not place the heated cooking pot on any surfaces affected by heat. Use a hot pad or trivet to protect any surfaces. Take extra care when moving a cooking pot containing hot liquids.
6. Unplug the slow cooker from the mains and allow the appliance enough time to cool completely before cleaning and storing.

Note: Always cook with the glass lid on and follow recommended cooking times.

TEMPERATURE CONTROL SETTINGS

Note: Do not use frozen meat. Thaw meat before slow cooking.

LOW: The LOW heat setting gently simmers food for an extended period of time without overcooking or burning. No stirring is required when using this setting. Ideal for vegetable dishes and reheating.

Tip: 1 hour of cooking on HIGH equals 2 to 2½ hours on LOW.

HIGH: The HIGH heat setting is ideal for use when cooking dried beans and pulses. The HIGH setting cooks food in half the time required for the LOW heat setting. As food will boil when cooked on the HIGH heat setting, it may be necessary to add extra liquid, depending on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution. Monitor food more regularly when cooking on the HIGH setting.

Tips: It's recommended to use the HIGH setting when you need to cook a tender cut of meat quickly. Use the LOW setting for tougher cuts – cooking them for longer gives them more time for the meat to grow tender.

KEEP WARM: The KEEP WARM function allows you to keep the food in your slow cooker warm and ready to eat, even after cooking. Turn the dial on the front of your slow cooker to KEEP WARM once cooking has finished.

CAUTION! Never use the KEEP WARM setting for more than 4 hours. **CAUTION!** Do not use the KEEP WARM setting to cook food.

THE DELAY FUNCTION

This slow cooker is equipped with a delay function, allowing for any cooking cycle to be programmed to start at a set time. To use the delay function, carry out the following steps:

1. Set the slow cooker to the desired temperature and cooking time, as detailed in the corresponding section of this instruction manual.
2. Once the desired temperature and cooking time have been set, press the Delay key on the unit's control panel. The temperature indicator will light up and the Delay indicator will begin to flash to show this function has been selected.
3. Once the Delay function is active, rotate the Time/Temperature control dial to select and set the length of the delay timer in increments of 30 minutes, from half an hour to 10 hours.

NOTE: The default length of the delay timer is 4 hours.

4. Once the delay timer has been set, press down on the centre of the control dial to confirm the changes. The unit will start to count down the set delay time, and automatically begin the cooking cycle once it elapses.

SLOW COOKING GUIDE

As most food is cooked over a period of 6-9 hours, it can be prepared in advance the evening before, refrigerated in the removable aluminium pot, placed in the slow cooker, switched on in the morning and left to cook all day. When you arrive home a delicious, hot meal will await you. The guide below will help simplify the process of slow cooking, allowing you to obtain ultimate satisfaction from your slow cooker.

Setting	high	low	warm	delay
Default Time	6:00 (6h)	8:00 (8h)	4:00 (4h)	4:00 (4h)
Time Range	30mins-12h	30mins-12h	30mins-4h	30mins-10h
Adjustable Time Increments	30 mins	30 mins	30 mins	30 mins
Remark	Countdown Delay Start	Countdown Delay Start	Countdown	Countdown

Note: These times are approximate. Times can vary depending on the ingredients and quantities in the recipes.

Liquid amounts

When food is cooking in your slow cooker, very little moisture boils away. To compensate for this, it's advisable to halve the liquid content of traditional recipes.

Stirring the food

Little or no stirring is required when using the LOW or WARM setting. When using the HIGH heat setting, stir regularly to ensure even flavour distribution.

Suitable foods

Vegetables

- Vegetables cook slowly. Keep pieces small to medium in size and place in the bottom of the cooking pot.
- Vegetables can be peeled and cut the night before slow cooking. Cover and refrigerate in a separate container. Do not place in the cooking pot until ready to cook.
- Cut all root vegetables into small, evenly sized pieces to ensure even cooking. Root vegetables take longer to cook than meat.
- Gently sauté root vegetables for 2 - 3 minutes before slow cooking. Place them at the bottom of the pot and make sure all ingredients are fully immersed in the cooking liquid.
- Boil and soak uncooked red beans for at least 10 minutes before adding them to your slow cooker. This helps to remove any toxins.
- Pumpkins and other squash vegetables do not need to be cooked in as much liquid as other slow cooked vegetables.
- Cut green peppers into small pieces and add near the end of the cooking time to avoid them becoming bitter after being cooked for a long period of time.

- Frozen vegetables should always be slightly defrosted before being added to your slow cooker. They will not take as long to cook as fresh vegetables as they are generally pre-cooked to an extent.
- This is the same for canned vegetables. When using canned vegetables be sure to wash them before adding them to your slow cooker, to remove any excess salt and preservatives. Always ensure you drain canned vegetables before use, so you do not add extra liquid to your dish.
- Onions are a very popular ingredient in slow cooker recipes. Slow cooking does decrease the flavour of onions though, so make sure you add a little extra than you usually would, to retain that flavour – especially if you are cooking for more than four hours.
- Trim all excess fat and sinew from meat before slow cooking, as the slow cooking method does not allow fat to evaporate.
- Browning your meat before adding it to your slow cooker helps add real flavour to the finished dish.

Note: Browning mince meats, such as minced beef and mince turkey, before placing them in the appliance removes excess fat and reduces the risk of food-borne illnesses.

- All meats can be seared in the aluminium pot before slow cooking. Cover and refrigerate in a separate container. Do not place in cooking pot until ready to cook.

ALWAYS ENSURE THAT ALL MEAT PRODUCTS ARE COOKED TO APPROPRIATE INTERNAL TEMPERATURES.

- Always insert a meat thermometer into joints of roasts, hams, chicken or other meats to ensure they are cooked to the desired temperature.
- If you want a thicker sauce for your end result, try dredging the meat in flour before browning.
- You can use whatever meat you choose in your slow cooker, but slow cooking is a perfect way to use those cheaper cuts of meat.
- Don't use frozen meat or poultry unless it has been thoroughly thawed out beforehand.

Slow Cooking Tips

- Trim fats and wipe meats well to remove residue. Brown in a frying pan or grill pan and drain well. Season with salt and pepper. Place the meat in the cooking pot on top of vegetables.
- For pot roasts and stews, pour liquid over the meat. Use no more liquid than specified in the recipe. More juices are retained in meat and vegetables during slow cooking than in conventional cooking.
- Most vegetables should be thinly sliced or placed near the sides or bottom of the aluminium cooking pot. In a slow cooker, meats generally cook faster than most vegetables.
- Use whole leaf herbs and spices for the best and fullest flavour from the slow cooking method. If ground herbs and spices are used, they should be stirred in during the last hour of cooking.
- Because there is no direct heat at the bottom, always fill the aluminium cooking pot at least half full, to conform with recommended times. Small quantities can be prepared, but cooking times may be affected.

- A specific liquid called for in a recipe may be varied if an equal quantity is substituted. For example, substituting a can of soup for a can of tomatoes or 1 cup of beef or chicken stock for 1 cup of wine.
- Beans must be softened completely before combining with sugar and/or acidic foods. (NOTE: Sugar and acid have a hardening effect on beans and will prevent softening).

Adapting your recipes to the Slow Cooker

This guide is designed to help you adapt your own and other recipes for your slow cooker. Many of the normal preparatory steps are unnecessary when using your slow cooker. In most cases all ingredients can go into your slow cooker at once and cook all day. General:

- Allow sufficient cooking time .
- Always cook with the lid on.
- For best results and to prevent food from drying or burning, always ensure an adequate amount of liquid is used in the recipe.

RECIPE TIME	COOK ON LOW	COOK ON HIGH
15 - 30 minutes	4 - 6 hours	1½ - 2 hours
30 - 45 minutes	6 - 10 hours	3 - 4 hours
50 minutes - 3 hours	8 - 10 hours	4 - 6 hours

PASTA AND RICE

- For best results, use long grain rice unless the recipe states otherwise. If the rice is not cooked completely after the suggested time, add an extra 1 to 1½ cups of liquid per cup of cooked rice and continue cooking for 20 to 30 minutes.
- For best pasta results, add the pasta to the slow cooker during the last 30 to 60 minutes of cook time.

BEANS:

- Dried beans, especially red kidney beans, should be boiled before adding to a recipe.
- Fully cooked canned beans may be used as a substitute for dried beans.

VEGETABLES:

- Many vegetables benefit from slow cooking and are able to develop their full flavour. They tend not to overcook in your slow cooker as they might in your oven or on your hob.
- When cooking recipes with vegetables and meat, place vegetables into the slow cooker before meat. Vegetables usually cook more slowly than meat in the slow cooker and benefit from being partially immersed in the cooking liquid.
- Place vegetables near the bottom of the cooking bowl to help cooking.

MILK:

- Milk, cream, and sour cream break down during extended cooking. When possible, add during the last 15 to 30 minutes of cooking.
- Condensed soups may be substituted for milk and can cook for extended times.

MEATS:

- Trim fat, rinse well, and pat meat dry with paper towels.
- Browning meat beforehand allows fat to be drained off before slow cooking and also adds greater depth of flavour.
- Meat should be positioned so that it rests in the cooking bowl without touching the lid.
- For smaller or larger cuts of meat, alter the amount of vegetables or potatoes so that the bowl is always $\frac{1}{2}$ to $\frac{3}{4}$ full.
- Cut meat into smaller pieces when cooking with precooked foods such as beans or fruit, or light vegetables such as mushrooms, diced onion, aubergine, or finely chopped vegetables. This enables all food to cook at the same rate.
- The size of the meat and the recommended cooking times are just estimates and can vary depending upon the specific cut, type, and bone structure. Lean meats such as chicken or pork tenderloin tend to cook faster than meats with more connective tissue and fat such as beef chuck or pork shoulder. Cooking meat on the bone versus boneless will increase the required cooking time.

FISH:

- Fish cooks quickly and should be added at the end of the cooking cycle during the last fifteen minutes to one hour of cooking.

LIQUIDS:

- It might appear that slow cooker recipes only have a small quantity of liquid in them but the slow cooking process differs from other cooking methods in that the added liquid in the recipe will almost double during the cooking time. If you are adapting a recipe for your slow cooker from a conventional recipe, please reduce the amount of liquid before cooking.

Troubleshooting

Problem	Possible Cause	Solution
The unit will not turn on.	The unit is not plugged in.	Plug the unit into the mains, ensuring the socket switch is in the ON position.
	The cooking temperature has not been set.	
	The cooking cycle has not been started.	Set the desired cooking temperature using the control dial. Press down on the centre of the control dial to start the cooking cycle.

Troubleshooting

Problem	Possible Cause	Solution
The food is not sufficiently cooked.	<p>The wrong cooking temperature has been set.</p> <p>The selected cooking time is too short.</p>	<p>Set a higher cooking temperature.</p> <p>Set a higher cooking time.</p>
The unit is turned on but not cooking.	A delay timer may have been set.	Make sure a delay timer has not been set.
The unit is displaying 'E1' / 'E2' / 'E5'	<p>The unit has encountered an error or fault.</p> <p>E1: The bottom sensor branch is open.</p> <p>E2: The bottom sensor branch has short-circuited.</p> <p>E5: The unit's temperature is over 185 degrees and overheat protection has activated (the unit will give off a series of sound prompts.)</p>	<p>For error codes E1 and E2, switch the unit off, unplug it from the mains and contact our Customer Service team.</p> <p>For error code E5 (overheating), switch the unit off and wait until it has cooled down. The unit will automatically turn itself back on once the temperature drops below 185 degrees.</p>

Cleaning and Care

Before cleaning your slow cooker, always ensure that the temperature control dial is in the OFF position and the unit is unplugged from the mains outlet.

- Ensure the unit is unplugged from the power outlet when not in use.
- Always allow the unit to cool before cleaning.
- Remove the cooking pot and glass lid and wash in hot, soapy water, using a mild household detergent. Rinse and dry thoroughly. To soften stubborn, cooked on foods fill the cooking pot with warm, soapy water and allow it to soak, then remove the cooked-on food by lightly scrubbing with a nylon kitchen brush.
- The cooking pot can also be washed in the dishwasher; however, care should be taken not to chip or crack the lid.
- The heating base may be cleaned with a soft cloth and warm soapy water. Wipe dry. Do not use harsh or abrasive cleansers.

CAUTION: Never submerge the slow cooker's heating base in water or other liquid.

IMPORTANT: After cleaning, allow the appliance to dry fully before using again.

Do not use the appliance if damp. Ensure the appliance is completely clean and dry before storing.

TO STORE YOUR APPLIANCE:

- Ensure the appliance is completely clean and dry before storing.
- Unplug the power cord from the power outlet and clean as detailed in the Cleaning and Care section opposite.
- Store on a flat, dry level surface out of reach of children.

DISPOSAL OF THE UNIT

Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately.

Please visit www.recycle-more.co.uk or www.recyclenow.co.uk for access to information about the recycling of electrical items.

Please visit www.weeeireland.ie for access to information about the recycling of electrical items purchased in Ireland.

The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill. Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.





Slow Cooker Chilli

Batch-cook this chilli and freeze for healthy dinners when you're pushed for time. It'll soon become a family favourite with hidden vegetables to nourish fussy eaters



Freezable



Healthy

INGREDIENTS

1 tbsp rapeseed oil
 1 large onion, finely chopped
 2 garlic cloves, crushed
 2 tsp ground cumin
 1½ tsp sweet smoked paprika
 1 tsp mild chilli powder (optional)
 2 carrots, diced
 2 sticks celery, diced
 1 courgette, diced
 1 red pepper, diced
 400g lean beef mince
 3 x 400g cans chopped tomatoes
 1 beef stock cube
 1 tbsp tomato purée
 1 x 400g can green lentils, drained and rinsed
 1 x 400g can flageolet beans, drained and rinsed
 a selection of the following to serve: rice or tacos, soured cream, grated cheese and sliced avocado



Prep: 10 mins



Easy



Serves 4 plus

2-4 children

Cook: 6 hrs -

7 hrs and 15 mins

low in

kcal

251

fat

6g

saturates

2g

carbs

22g

sugars

13g

fibre

9g

protein

23g

salt

0.75g

METHOD

STEP 1

Heat the oil in a heavy-based pan. Cook the onion for 10 mins until softened and starting to caramelise. Add the garlic and spices and cook for a further 1-2 mins

STEP 2

Transfer to a slow cooker, along with the diced vegetables, mince, chopped tomatoes, stock cube and tomato purée. Stir well. Cook on low for 6-7 hours. About half an hour before serving, take off the lid and use a stick blender to blend in the vegetables (if your children aren't keen to eat veg) or leave chunky. Stir through the lentils and flageolet beans. Replace the lid and heat through for a further half hour. Stir and serve with rice or tacos, soured cream, grated cheese and sliced avocado.



Slow Cooker Turkey

Use up leftover Christmas turkey and make this slow cooker turkey curry. It uses up any roasted veg you may have leftover too – ideal for avoiding food waste



Freezable



Hi Protein



Low calorie

INGREDIENTS

1 onion, chopped
 4 garlic cloves, crushed or finely grated
 thumb-sized piece ginger, peeled and finely grated
 1 red pepper, chopped
 350g sweet potatoes peeled and roughly chopped (you can also use carrots, parsnips or other root veg)
 700g turkey, cut into large pieces (or use the same amount of leftover roasted turkey)
 400g can chickpeas, drained and rinsed
 2 tbsp curry paste (we used balti)
 1 tbsp tomato purée
 400g can chopped tomatoes
 400g can coconut milk
 small bunch of coriander, leaves picked and stalks reserved, both finely chopped
 120g spinach (optional) cooked rice, to serve



Prep: 20 mins



Easy



Serves 6-8

Cook: 3 hrs and
 30 mins - 8 hrs

low in		low in				high in	low in
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
289	12g	8g	19g	10g	5g	21g	1g

METHOD

STEP 1

Tip the onion, garlic, ginger, red pepper, sweet potatoes, turkey and chickpeas into a slow cooker. Stir in the curry paste and tomato purée, ensuring everything is well-coated. Pour in the chopped tomatoes and coconut milk, and scatter in the chopped coriander stalks, 1 tsp salt and some ground black pepper. Mix everything to combine. Cook on high for 3 hrs 30 mins, or low for 8 hrs. If you want to add spinach, tip it in 15 mins before the end of the cooking time. Stir well after 5 mins, once it has started to wilt.

STEP 2

Serve the turkey curry with rice, scattered with the chopped coriander leaves, if you like.



Slow Cooker Pulled Chicken

Try this slow cooked smoky chicken as an easy alternative to pulled pork. It's best served in a bun or with rice, and makes a simple dish for a family meal

 Freezable (cooked chicken only)

INGREDIENTS

2 tbsp vegetable or rapeseed oil
10-12 boneless, skinless chicken thighs
2 red onions, halved and sliced
2 garlic cloves, crushed
2 tsp paprika
2 tbsp chipotle paste
250ml passata
100g barbecue sauce
1 tbsp light brown soft sugar
1 lime, juiced
burger buns, taco shells, jacket potatoes or rice;
coriander leaves; deseeded and sliced chillies, and
guacamole, to serve (optional)



Prep: 5 mins



Easy



Serves 8-10

Cook: 6 hrs and

15 mins

kcal

289

fat

12g

saturates

8g

carbs

19g

sugars

10g

fibre

5g

protein

21g

salt

1g

METHOD

STEP 1

Heat the slow cooker to low and heat 1 tbsp oil in a pan. Brown the chicken in batches, transferring it to the slow cooker as you go. Add the remaining oil to the pan and fry the onions for 5 mins, or until just softened, then stir in the garlic and paprika and cook for another minute. Tip into the slow cooker, then swirl 100ml water around the pan and pour this in as well.

STEP 2

Add the chipotle, passata, barbecue sauce, sugar and lime juice, then season and stir. Cover and cook for 6-8 hrs until the chicken is really tender. Using two forks, shred the chicken through the sauce. Serve in buns, taco shells, jacket potatoes or over rice, with coriander leaves, chillies and guacamole, if you like.

goodFOOD

in partnership
with

TOWER

thank you!

We hope you enjoy your appliance for many years...

Extended warranty is only valid with proof of purchase or receipt. Your warranty becomes void should you decide to use non Tower spare parts

Spare parts can be purchased from www.towerhousewares.co.uk

Or call our customer Support Team on:

+44 (0) 333 220 6066

