

Fantastic home meal

I Love this great t recipe Dish but not all the work? Let your slow cooker do it for you while you spend your time on other fun activities,

Ingredients :

- 1 cup of rice
- 1/2 cup of raisins
- 2 tbs of curry powder or turmeric
- Butternut squash
- 1 tsp of cinnamon
- Honey or syrup
- Spinach
- 1tbs of butter
- 1/8 cup of flour
- 1 cup of milk
- 1/3 cup of cheese (own choice)
- Lemon juice
- 1 Tbsp vinegar
- Mixed herbs
- Creamy garlic & herb salad dressing
- Chicken spice
- Paprika
- Salt and pepper
- Beetroot (store bought)

PREPARATION:

To prepare this recipe:

Cook rice as you normally do, add curry powder or turmeric and strain water. Add raisins and set aside. Boil butternut squash and add cinnamon & honey or syrup for taste and flavor or you can use own flavors. Cook your spinach with onions as you usually do and strain any excess water. For chicken: Season your chicken with salt and pepper, chicken spice and paprika

then grill. Just before it's fully cooked mix garlic & herb dressing, lemon juice, vinegar and baste your chicken then continue grilling for few minutes before serving.

SAUCE: Melt butter in a sauce pan and add flour until it thickens slightly then add milk and stir continuously until it thickens and add cheese. Mix with spinach and you have your creamed spinach can add your own flavors. I just added salt and pepper. Enjoy with a drink of your choice!

Then it's ready to serve

Enjoy!

Credit: Gift Mkhonza Bee

I would really be excited if you could try this recipe and come back to show us how you did it.

Be sure not to miss