



Slow Cooker Braised Celery

Serves 6

Ingredients:

- 900g celery
- 2tbsp olive oil
- 2 garlic cloves, crushed
- 1 onion, chopped
- 1-2tsp dried red pepper flakes
- 240ml vegetable stock
- 2tbsp tomato puree
- salt and freshly ground black pepper
- parsley, chopped (to serve)

Method:

1. Clean the celery thoroughly
2. Cut off the leaves and remove strings
3. Cut into 10cm lengths
4. Heat the oil in a pan
5. Add onion and garlic and cook for about 5 minutes
6. Add to the slow cooker along with the celery
7. In a pan, mix tomato puree with the stock and heat until dissolved
8. Add to the slow cooker with the red pepper flakes, salt and pepper
9. Cook on low for 2-3 hours
10. Serve sprinkled with chopped parsley

