ITALIAN · DINNER

Chicken Cacciatore with Porcini

70 min · Serves 5 · 575 kcal a serve · Video 7:46 · Chef Billy Parisi

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Chicken braised in a tomato sauce thick with carrots, celery and two kinds of mushroom: high in protein and B vitamins, with lots of vegetables per serve, olive oil as the only added fat and no cream or flour.

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Ingredients 15 · SERVES 5

- [ ] 1 whole **chicken** (about 3½ lb), broken down into parts
- [ ] ¼ cup **reconstituted dried porcini** (½ oz dried), rinsed and chopped
- [ ] half the **porcini soaking liquid** (from 2 cups boiling water), strained
- [ ] 2 tbsp **olive oil**
- [ ] ½ **yellow onion**, peeled and small diced
- [ ] 3 small **ribs of celery**, small diced
- [ ] 2 **carrots**, peeled and small diced
- [ ] 4 cloves **garlic**, finely minced
- [ ] **Mushrooms**: 1 cup each sliced baby portabella and button mushrooms
- [ ] 1 cup **dry red wine**, reduced until almost gone
- [ ] 2 × 28 oz cans whole peeled **tomatoes**
- [ ] 1½ tsp chopped **fresh rosemary**
- [ ] 1 tbsp chopped **fresh parsley**, plus more to garnish
- [ ] **sea salt** to taste
- [ ] **fresh cracked pepper** to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Celery, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour 2 cups of boiling water over the dried porcini and leave 20 minutes. Strain through a fine sieve, keeping half the liquid; rinse, squeeze and chop the mushrooms. 1:30
2. Season the chicken pieces well with salt and pepper. Brown them in the oil in a wide heavy pot over medium heat, about 4 minutes per side, then set aside. 3:37
3. Add the onion, celery, carrot, garlic, fresh mushrooms and porcini to the pot and sauté for 6–7 minutes. 5:05
4. Pour in the red wine and let it bubble over medium heat for about 5 minutes until almost gone. 5:39
5. Stir in the reserved porcini liquid, the hand-crushed tomatoes, parsley, rosemary, salt and pepper. Return the chicken, cover and simmer on low for 25–30 minutes until cooked through. Finish with plenty of chopped parsley. 5:54

> **Tip** Take the skin off before serving to cut the saturated fat. Serve with soft polenta, wholegrain bread or wholewheat pasta. Keeps 3 days in the fridge and freezes well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
575 kcal 2,410 kJ	**51 g** 101% of a day	**30 g** 23 g net · 16 g sugars 11% of a day

FIBRE	FAT	SODIUM
8 g 28% of a day	**28 g** 6.9 g saturated 36% of a day	**970 mg** 42% of a day

Energy from net carbs 17% · protein 37% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 81% · Vitamin B6 65% · Vitamin K 44% · Vitamin A 43% · Vitamin C 41% · Zinc 39% · Iron 38% · Potassium 34% · Vitamin E 34% · Magnesium 23% · Vitamin B12 21%

Source of (10–19%) Folate 18% · Omega-3 13% · Calcium 12%

Recipe and video: Chef Billy Parisi (@ChefBillyParisi) on YouTube — youtube.com/watch?v=SviU5XF_r28, published 8 February 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chicken-cacciatore-porcini