ITALIAN · LUNCH · DINNER

# Coniglio alla Ligure (Rabbit with Olives and Pine Nuts)

Coniglio alla ligure

85 min · Serves 4 · 622 kcal a serve · Video 8:13 in Italian · Casa Pappagallo

Paleo · Gluten-free ingredients · No dairy listed

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About 60 g protein and 6 g net carbs a serve: lean rabbit braised with red wine, onion, herbs, olives and pine nuts, with no flour or sugar.

**Diet notes:** Low carb (6.1 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more.

## Ingredients 14 · SERVES 4

- [ ] 3¼ lb **rabbit**, cut into even pieces
- [ ] the **rabbit's liver**, chopped (optional)
- [ ] 4 tbsp extra **virgin olive oil**
- [ ] 4 oz **red wine**
- [ ] 5 oz **onion**, thinly sliced
- [ ] 2 **garlic** cloves, thinly sliced
- [ ] 4 sprigs **fresh thyme**
- [ ] 2 sprigs **fresh marjoram**
- [ ] 2 sprigs **fresh rosemary** (½ sprig whole, the rest chopped)
- [ ] 3½ oz **pitted olives** (Taggiasca), divided
- [ ] ¾ oz **pine nuts**, divided
- [ ] **warm meat stock**, a little at a time (about 1 cup in all)
- [ ] **salt**, to taste
- [ ] **black 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:** Tree nuts, 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. Heat a drizzle of the oil in a large heavy casserole and brown the rabbit pieces well on all sides; a cast-iron pot takes a while to heat, so be patient. 0:42
2. While the rabbit browns, slice the onion thinly and slice the garlic (or leave the cloves whole). 1:10
3. When the rabbit is well browned, add the chopped liver if using and let it brown too. 1:50
4. Pour in the red wine (white also works) and let the alcohol cook off. 2:20
5. Add the garlic, onion, marjoram, thyme and half a rosemary sprig, then half the pine nuts and half the olives. 2:45
6. Add a little warm stock (not too much), a little salt and some pepper. Cover and cook on low heat for about an hour, adding a splash of stock whenever the bottom of the pot looks dry. 3:54
7. When the rabbit is tender, add the remaining olives and pine nuts and the rest of the rosemary, finely chopped. Cover and cook 5 more minutes on the lowest heat, then taste for salt and serve. 5:00

> **Tip** Taste before adding salt: the olives already bring plenty. The cook suggests roast potatoes alongside; a green salad or green beans keep it lower in carbs. Chicken thighs work if you can't find rabbit.

The method is a summary in our words, in English — the video (in Italian) shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 622 kcal | 60 g | 8.2 g | 2 g | 36 g | 680 mg |
| 2,600 kJ | 119% of a day | 6.1 g net · 2.2 g sugars | 7% of a day | 7.2 g saturated | 29% of a day |
| | | 3% of a day | | 46% of a day | |

**Energy from** net carbs 4% · protein 41% · fat 55% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Vitamin B12 565% · Selenium 144% · Zinc 48% · Vitamin B6 47% · Vitamin A 45% · Iron 40% · Vitamin E 29% · Folate 21% · Omega-3 21%

**Source of** (10–19%) Potassium 16% · Vitamin K 16% · Magnesium 15%

**Recipe and video:** Casa Pappagallo (@CasaPappagallo) on YouTube — youtube.com/watch?v=k6NpM8zkO9U, published 19 May 2024. 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/coniglio-alla-ligure