HUNGARIAN · LUNCH · DINNER

Hungarian Chicken Paprikash (Csirkepaprikás)

Csirkepaprikás

75 min · Serves 8 · 356 kcal a serve · Video 5:57 in Hungarian · Street Kitchen

No nuts listed

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About 40 g protein and 7 g net carbs a serve: chicken on the bone stewed in a paprika, tomato and pepper sauce, finished with just a little sour cream and cream — the dumplings are served on the side.

Diet notes: Low carb (6.7 g net carbs) but not keto: 46% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 16 · SERVES 8

- [ ] 2 tbsp **duck fat**
- [ ] 1 **tomato** (about 150 g), quartered
- [ ] 1 **Hungarian wax pepper** (TV paprika, about 130 g), halved
- [ ] 2 **onions** (about 250 g), finely chopped
- [ ] 3–4 **garlic** cloves, finely chopped
- [ ] 2 tbsp **sweet Hungarian paprika**
- [ ] ½ tsp **hot paprika flakes** (optional)
- [ ] 1 tsp **ground black pepper**
- [ ] 1 tsp **dried marjoram**
- [ ] 2 whole **chicken legs** (about 700 g), each cut into thigh and drumstick, then chopped on the bone
- [ ] 1 **bone-in chicken breast** (about 700 g), halved and chopped on the bone
- [ ] 2 L **homemade chicken stock** (the cook simmers roasted chicken backs with vegetables for 3 hours)
- [ ] 2 tbsp **sour cream**
- [ ] 100 ml **cream**
- [ ] 2 tbsp **flour**, mixed with 100 ml water to thicken
- [ ] **salt** to taste

Allergens found in the listed ingredients: Gluten, Milk. 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. Melt the duck fat in a large pot over high heat. Fry the quartered tomato until it gives up its colour, add the halved pepper, then the chopped onion and garlic with a pinch of salt, and fry until the tomato has collapsed and the pepper is soft. 0:25
2. Cut the chicken legs into thighs and drumsticks, halve the breast, then chop every piece in three on the bone. 1:35
3. Add a splash of stock, sprinkle in the paprika, pepper, marjoram and chilli flakes, and stir for 1–2 minutes. Pour in about 300 ml stock and cook on fairly high heat for 25 minutes. 2:00
4. Add the chicken, pour in enough stock to cover it, salt it and simmer for about 30 minutes, until the chicken is just tender. Lift the pieces out into a bowl. 2:45
5. Stir the sour cream and cream into the sauce, bring it to the boil and thicken it with the flour mixed into 100 ml water. Taste for salt. 4:30
6. Return the chicken to the sauce, bring it back to the boil once and serve. 5:15

> **Tip** Hungarians serve it with galuska (soft egg dumplings, shown in the video); a pile of steamed green beans or cauliflower keeps it lower in carbs. Any good unsalted chicken stock works.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
356 kcal	40 g	8.6 g	1.9 g	18 g	780 mg
1,490 kJ	79% of a day	6.7 g net · 2.9 g sugars	7% of a day	7.1 g saturated	34% of a day
		3% of a day		23% of a day	

Energy from net carbs 8% · protein 46% · fat 46% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 52% · Vitamin B6 38% · Vitamin B12 25% · Vitamin C 21%

Source of (10–19%) Zinc 18% · Vitamin A 15% · Potassium 12% · Iron 12% · Magnesium 11% · Omega-3 10%

Recipe and video: Street Kitchen on YouTube — youtube.com/watch?v=kh8-uXHy9_k. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/csirkepaprikas-hungarian-chicken-paprikash