GREEK · DINNER

# Greek Chicken Plaki (Baked in Tomato and Onion Sauce)

Kotopoulo plaki

65 min · Serves 4 · 542 kcal a serve · Video 3:37 · Dimitra's Dishes

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

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43 g protein and 13 g net carbs a serve: bone-in chicken browned in olive oil, then baked in a tomato and slow-cooked onion sauce with garlic and oregano. No flour, sugar or dairy.

## Ingredients 12 · SERVES 4

- [ ] **bone-in**, skin-on chicken thighs and drumsticks (about 2½–3 lb)
- [ ] **salt** to taste and freshly ground black pepper
- [ ] 2–3 tbsp extra **virgin olive oil**
- [ ] 1 large **onion**, thinly sliced
- [ ] 4 **garlic** cloves, minced
- [ ] 2 tbsp **tomato paste**
- [ ] 14 oz can diced **tomatoes**
- [ ] ½ cup **water or chicken stock**
- [ ] 1 tsp **dried oregano**
- [ ] ½ tsp **dried thyme** (optional)
- [ ] 1 **lemon**, sliced (optional, to serve)
- [ ] finely chopped **fresh parsley**, to garnish

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

**Allergens found in the listed ingredients:** none. 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. Season the chicken on both sides with salt and pepper while an ovenproof skillet heats over medium. Heat the oven to 400°F. 0:32
2. Add a drizzle of olive oil and brown the chicken in one layer, skin side first, 7–8 minutes a side, until crisp and it releases easily. Lift it onto a plate. 1:02
3. Turn the heat to low and cook the sliced onion 6–7 minutes, until soft, then stir in the garlic until fragrant. 1:27
4. Stir in the tomato paste for a minute, then add the tomatoes, salt, pepper, oregano, thyme and stock. Boil 5–6 minutes, scraping up the browned bits, until the sauce starts to thicken. 1:45
5. Turn off the heat, nestle the chicken into the sauce skin side up and bake 35–45 minutes, until cooked through (165°F) and the sauce has thickened. 2:35
6. Scatter with parsley and serve with lemon slices. 2:45

**Tip** It's even better the next day, once the sauce has settled into the chicken.

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

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **542** kcal | **43** g | **17** g | **3.5** g | **34** g | **750** mg |
| 2,270 kJ | 86% of a day | 13 g net · 7.9 g sugars<br>6% of a day | 13% of a day | 8.3 g saturated<br>44% of a day | 32% of a day |

**Energy from** net carbs 10% · protein 32% · fat 58% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Selenium 72% · Vitamin B6 44% · Vitamin K 40% · Zinc 36% · Vitamin C 27% · Iron 22% · Vitamin E 22% · Vitamin B12 22%

**Source of** (10–19%) Potassium 19% · Omega-3 16% · Magnesium 15% · Vitamin A 13% · Folate 11%

**Recipe and video:** Dimitra's Dishes on YouTube — youtube.com/watch?v=Yuz79L-ECk8. 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/kotopoulo-plaki-greek-baked-chicken