MEXICAN · LUNCH · DINNER

Pipian Verde (Chicken in Green Pumpkin Seed Sauce)

Pipián verde

105 min · Serves 7 · 442 kcal a serve · Video 11:15 in Spanish · VICKY RECETA FACIL

No dairy listed

40 g protein and 7 g net carbs a serve from chicken in a sauce of toasted pumpkin seeds, peanuts, sesame, tomatillos and green herbs. Rich in magnesium, selenium, vitamin C and zinc.

Diet notes: Low carb (7.4 g net carbs) but not keto: 56% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Season with salt instead of chicken bouillon powder (or use a gluten-free bouillon) to keep it gluten-free.

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Ingredients 28 · SERVES 7

- [ ] **skinless bone-in chicken breast** (about half of 2¾ lb chicken pieces)
- [ ] **Chicken thigh**: skinless chicken legs and thighs (the other half of the 2¾ lb)
- [ ] 3¼ quarts **water** to cook the chicken (about 6½ cups of the broth goes into the sauce)
- [ ] a **chunk of onion**, for the broth
- [ ] 1 large **bay leaf**
- [ ] 1 large **garlic** clove, for the broth
- [ ] **Salt**: 1 heaped tsp coarse salt and 1 heaped tbsp chicken bouillon powder (or more salt), for the broth
- [ ] 1 tsp **dried oregano** (½ tsp for the broth, ½ tsp for the sauce)
- [ ] 1 cup **raw hulled pumpkin seeds** (pepitas)
- [ ] ¼ cup **sesame seeds**
- [ ] ¼ cup **unsalted peanuts**
- [ ] 2 **poblano chillies** (11 oz), seeded
- [ ] 2 **jalapeño chillies**
- [ ] 1 **serrano chilli** (optional, for heat)
- [ ] ½ small **onion**
- [ ] 2 medium **garlic** cloves
- [ ] 14 oz **tomatillos** (green tomatoes)
- [ ] 5 **lettuce leaves**
- [ ] 8 **epazote leaves**
- [ ] 10 **radish leaves**
- [ ] 1 bunch **coriander** (cilantro)
- [ ] ¼ tsp **cumin**
- [ ] 3 **whole cloves**
- [ ] 8 **black peppercorns**
- [ ] 2 **allspice berries**
- [ ] 2 heaped tbsp **lard** (manteca), or oil
- [ ] **Salt**: 1 tsp coarse salt and 1 tsp chicken bouillon powder, for the sauce
- [ ] a pinch of **sugar** (optional)

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

Allergens found in the listed ingredients: Gluten, Peanut, Sesame, Mustard. 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. Bring 3¼ quarts of water to the boil, add the chicken with the onion chunk, bay leaf, garlic clove, bouillon powder, salt and ½ tsp oregano, and cook over high heat until very tender (about 55 minutes). 2:12
2. Meanwhile roughly cut the tomatillos, half onion, 2 garlic cloves and the green leaves. Stem the jalapeños and serrano (prick the serrano) and seed the poblanos. 2:40
3. In a dry pan, toast the pumpkin seeds, stirring all the time, until golden and popping (about 3 minutes), then the peanuts (2 minutes), then the sesame (1 minute, until it jumps). 3:41
4. Heat 1 heaped tbsp lard and fry the onion and garlic for a minute, then the jalapeños, serrano and tomatillos for 5 minutes over high heat. Add the oregano, cumin, pepper, allspice and cloves and 1 cup water, boil 5 minutes and cool. 4:41
5. Melt the other spoon of lard in a large pot; turn off the heat. Blend in three batches, pouring each in: the fried mix with some poblano, the salt, bouillon, sugar and 1 cup broth; the greens and other poblano with 2 cups broth; the seeds with 2 cups. 6:21
6. Rinse the blender with another cup of broth, add it and cook over medium heat for 15 minutes, stirring so it doesn't catch. Thin with a little more broth to taste and check the salt once it boils. 8:29
7. Add the chicken and simmer for 15 minutes more, stirring now and then, until the sauce turns deep green and a little green fat rises to the top. 9:16

> **Tip** Makes 6–8 serves (the cook's yield). Traditionally eaten with rice, beans and corn tortillas; with steamed greens it stays low in carbs. Freezes well; thin leftovers with a little broth.

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

One serve gives you 1 OF 7 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
442 kcal 1,850 kJ	**39 g** 79% of a day	**12 g** 7.4 g net · 4.9 g sugars 4% of a day
FIBRE	**FAT**	**SODIUM**
4.9 g 17% of a day	**27 g** 6.3 g saturated 35% of a day	**980 mg** 43% of a day

Energy from net carbs 7% · protein 36% · fat 57% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin C 58% · Selenium 58% · Vitamin B6 47% · Magnesium 45% · Zinc 38% · Vitamin K 36% · Iron 26% · Vitamin B12 20%

Source of (10–19%) Potassium 17% · Folate 15% · Vitamin E 13% · Omega-3 11%

Recipe and video: VICKY RECETA FACIL (@VICKYRECETAFACIL) on YouTube — youtube.com/watch?v=RDNd3C1prt0, published 7 September 2021. 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/pipian-verde-de-pollo