CHINESE · LUNCH · DINNER

Poached Chicken Legs with Ginger Scallion Oil

55 min · Serves 4 · 385 kcal a serve · Video 8:02 · Spice N' Pans

No dairy listed · No nuts listed

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Tender skin-on chicken under a ginger and spring onion oil: about 27 g protein and under 4 g net carbs a serve, with most of the energy from fat.

Diet notes: Keto (3.6 g net carbs a serve); Gluten-free with a swap: Use tamari instead of light soy sauce to keep it gluten-free.

Ingredients 8 · SERVES 4

- [ ] 3 whole **chicken legs**, skin on (about 770 g in total)
- [ ] 1 tsp **salt**, for the poaching water
- [ ] 4 **spring onions** (white stems for the poaching water and the oil, green tops sliced to garnish)
- [ ] 20 g sliced **young ginger** (5 g for the poaching water, 15 g for the oil)
- [ ] 4 tbsp **neutral cooking oil**
- [ ] 1/2 tsp **sugar**
- [ ] **Soy sauce**: 5 tbsp light soy sauce
- [ ] sliced **cucumber**, to garnish

Allergens found in the listed ingredients: Gluten, Soy. 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 a pot of water (enough to cover the chicken) to the boil with the salt, 2 lightly crushed spring onion stems and 5 g of the ginger. 0:47
2. Lower in the chicken legs, return to the boil, cover, turn the heat to low and cook gently for 20 minutes. Check that the juices run clear at the thickest part. 1:12
3. Plunge the chicken into iced water for about 20 minutes so it stays tender and stops cooking. 2:03
4. Meanwhile, warm the oil over medium-low heat with the other 2 crushed spring onion stems and 15 g sliced ginger. Fry slowly until golden and fragrant, then lift them out and discard. 2:32
5. Off the heat, stir the sugar and light soy sauce into the flavoured oil until the sugar melts. 3:54
6. Tear or slice the chicken off the bone, keeping the skin. Pack the pieces skin side down into a bowl, turn out onto a plate lined with cucumber, pour over the sauce and scatter with sliced spring onion greens. 5:17

> **Tip** In the video it is eaten with rice; for keto, serve with greens or cauliflower rice. The video's second sauce: pour 4 tbsp smoking-hot oil over 5 g grated ginger and the spring onion greens, then add the sugar and soy.

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
385 kcal	27 g	4.4 g	0.8 g	29 g	1,380 mg
1,610 kJ	53% of a day	3.6 g net · 1.4 g sugars	3% of a day	5.3 g saturated	60% of a day
		2% of a day		37% of a day	

Energy from net carbs 4% · protein 28% · fat 68% — fits keto: 3.6 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Omega-3 84% · Selenium 43% · Vitamin K 39% · Vitamin B6 22% · Zinc 21%

Source of (10–19%) Vitamin E 19% · Vitamin B12 13% · Magnesium 11% · Iron 10%

⚠ One serve has about 60% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Spice N' Pans (@spicenpans) on YouTube — youtube.com/watch?v=oU2H9Hi5440, published 26 March 2022. 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/poached-chicken-legs-ginger-scallion-oil