PERUVIAN · LUNCH · DINNER

Pollo a la Brasa (Peruvian Roast Chicken)

180 min · Serves 4 · 490 kcal a serve · Video 4:56 · Green Healthy Cooking

No dairy listed · No nuts listed

About 50 g of protein and under 4 g of carbohydrate per serve; the flavour comes from a marinade of vinegar, lime, garlic, chilli pastes and spices. Rich in selenium, vitamin B6 and zinc.

Diet notes: Low carb (2.8 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: coconut aminos instead of the low-sodium soy sauce, olive, avocado or coconut oil instead of the oil.

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Ingredients 14 · SERVES 4

- [ ] 3 lb whole **chicken**, spatchcocked
- [ ] 3–5 **garlic** cloves, grated or crushed
- [ ] 2 tbsp **low-sodium soy sauce**
- [ ] 2 tbsp **apple cider vinegar**
- [ ] 1 tbsp **oil**, any kind
- [ ] ¼ cup **dark beer** (contains barley)
- [ ] 1 tbsp **lime juice**
- [ ] 1 tbsp **ají amarillo paste**
- [ ] 1 tbsp **ají panca paste**
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **dried rosemary**
- [ ] 1 tsp **dried oregano**
- [ ] ½ tsp **salt**
- [ ] ¼ tsp **black pepper**

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

Allergens found in the listed ingredients: Gluten, Soy, 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. Spatchcock the chicken: cut out the backbone with kitchen shears, nick the breastbone and press it flat. 0:26
2. Whisk the garlic, soy sauce, vinegar, oil, beer, lime juice, ají amarillo and ají panca pastes, cumin, rosemary, oregano, salt and pepper until creamy. 1:01
3. Gently loosen the skin from the meat with your fingers and spoon some marinade into the pockets. Put the chicken in a large zip-lock bag with the rest of the marinade, press out the air and rub it all over. 1:47
4. Refrigerate for at least 2 hours and up to 12. Take it out 30 minutes before cooking. 2:51
5. Heat a grill or oven to 400°F. Lay the chicken skin side up away from direct heat (or on a rimmed tray in the oven) and pour over any marinade left in the bag. Cook 30–40 minutes until the thickest part of the breast reaches about 145–155°F. 3:07
6. On a grill, flip it over direct heat for 2–3 minutes to crisp the skin. Rest at least 10 minutes before cutting; it will finish cooking as it rests. 3:55

> **Tip** The cook serves it with her ají verde (green) sauce or salsa criolla, which are separate recipes. Chicken broth works in place of the beer.

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
490 kcal	**50** g	**3.5** g	**0.7** g	**28** g	**940** mg
2,050 kJ	100% of a day	2.8 g net · 0.6 g sugars	2% of a day	7.1 g saturated	41% of a day
		1% of a day		36% of a day	

Energy from net carbs 2% · protein 43% · fat 55% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 79% · Vitamin B6 47% · Zinc 32% · Omega-3 32% · Vitamin B12 22%

Source of (10–19%) Iron 18% · Magnesium 13% · Potassium 11% · Vitamin A 10%

Recipe and video: Green Healthy Cooking (@Greenhealthycooking) on YouTube — youtube.com/watch?v=lu-cxeVsRN0, published 6 September 2023. 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/pollo-a-la-brasa-peruvian-roast-chicken