SPANISH · DINNER · LUNCH

Spanish Chicken with Tomatoes and Olives

30 min · Serves 4 · 382 kcal a serve · Video 6:32 · Spain on a Fork

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

25 g protein and 11 g net carbs a serve: chicken thighs simmered in tomatoes, garlic and olive oil, with no flour, sugar or dairy. The olives bring plenty of salt, so taste before adding more.

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Ingredients 12 · SERVES 4

- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] 450 g **boneless chicken thighs**
- [ ] 1 medium **yellow onion**, finely chopped
- [ ] 8 **garlic** cloves, roughly chopped
- [ ] 60 ml **dry white wine** (or white grape juice, or broth with a squeeze of lemon)
- [ ] ½ tsp **sweet smoked Spanish paprika**
- [ ] ½ tsp **dried thyme**
- [ ] 1 can (410 g, 410 g) diced **tomatoes**
- [ ] 70 g **pitted green olives**
- [ ] 70 g **pitted black olives**
- [ ] **fresh parsley**, to finish
- [ ] **Salt**: sea salt and black pepper, to taste

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

Allergens found in the listed ingredients: 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. Heat 3 tbsp olive oil in a large frying pan over medium heat. Pat the chicken thighs completely dry and season both sides with salt and pepper. 1:00
2. Brown the thighs in a single layer for about 3 minutes a side. They don't need to cook through yet. Lift them out and set aside. 1:37
3. In the same pan, gently sauté the chopped onion and garlic for about 4 minutes without stirring constantly, so they soften evenly. 2:16
4. Pour in the wine, then add the smoked paprika and thyme and mix. Add the canned tomatoes, season and simmer for about 3 minutes until slightly reduced. 2:46
5. Return the chicken in a single layer and turn each piece to coat. Scatter over the green and black olives and press them into the sauce. 3:38
6. Cover, lower the heat to medium-low and simmer 5–10 minutes until the chicken is cooked through. Finish with fresh parsley. 4:21

> **Tip** Albert serves it with a crunchy baguette (not in the numbers). For a paleo plate, serve it over cauliflower rice or with a green salad; chicken breast works too.

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
382 kcal	25 g	15 g	4 g	24 g	1,010 mg
1,600 kJ	50% of a day	11 g net · 6 g sugars	14% of a day	4.5 g saturated	44% of a day
		6% of a day		31% of a day	

Energy from net carbs 12% · protein 28% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 41% · Vitamin B6 32% · Vitamin K 29% · Vitamin E 28% · Zinc 25% · Vitamin B12 21% · Iron 20%

Source of (10–19%) Vitamin C 18% · Potassium 14% · Magnesium 11% · Omega-3 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=vURAw8ks_jQ. 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-con-tomate-y-aceitunas