MEXICAN · LUNCH · DINNER

Pollo con Verdolagas (Chicken and Purslane in Green Salsa)

Pollo con verdolagas en chile verde

60 min · Serves 6 · 334 kcal a serve · Video 6:20 in Spanish · Chef Rogelio Lara

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

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30 g protein and 6 g net carbs a serve from skinless chicken simmered in a roasted tomatillo and serrano salsa with a big handful of purslane greens. Rich in selenium and zinc.

Diet notes: Low carb (6.2 g net carbs) but not keto: 53% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 12 · SERVES 6

- [ ] 1.5 kg **chicken legs and thighs**, skin removed
- [ ] a little **salt** for the chicken
- [ ] 3 tbsp **vegetable or olive oil**
- [ ] 710 ml **water** (2 for the chicken, 1 for the blender)
- [ ] 600 g **tomatillos** (about 10), husked
- [ ] 100 g **serrano chillies** (about 8), or fewer for less heat
- [ ] a **chunk of white onion**
- [ ] 2 **garlic** cloves
- [ ] 8 g **fresh coriander** (cilantro)
- [ ] a pinch of **cumin**
- [ ] 1 tbsp **salt**, or to taste
- [ ] 0.9–1.2 L **verdolagas** (purslane), leaves and tender tips only

Amounts in metric 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. Roast the tomatillos, serrano chillies, onion chunk and garlic in a 230°C oven for 15–20 minutes, until well toasted but not falling apart. 0:25
2. Pick over the purslane, keeping the leaves and the tender tips; the lower stems are too tough. 1:21
3. Skin the chicken legs and thighs, pat them dry and salt them lightly. Heat 3 tbsp oil in a wide pan over high heat and brown the chicken 5 minutes on each side. 2:00
4. Pour 470 ml water over the chicken, bring to the boil, cover and simmer for about 20 minutes. 3:34
5. Blend the roasted tomatillos, chillies, onion and garlic with the coriander, cumin, salt and 240 ml water until smooth. 4:11
6. Pour the green salsa over the chicken, stir in the purslane, cover and cook 8 minutes more. Taste for salt and serve. 4:52

> **Tip** Serves about 6 (our estimate for 1.5 kg chicken pieces). The cook's 1 tbsp salt makes it salty (about 1,350 mg sodium a serve): start with half. No purslane? Use spinach. Good with beans or a salad.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
334 kcal	30 g	9 g	2.8 g	20 g	1,350 mg
1,400 kJ	60% of a day	6.2 g net · 4.9 g sugars	10% of a day	3.9 g saturated	59% of a day
		3% of a day		25% of a day	

Energy from net carbs 8% · protein 37% · fat 55% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 51% · Selenium 49% · Vitamin C 44% · Vitamin E 43% · Vitamin B6 33% · Zinc 29% · Vitamin B12 27% · Vitamin K 22%

Source of (10–19%) Magnesium 17% · Potassium 16% · Iron 16%

⚠ One serve has about 59% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Chef Rogelio Lara (@ChefRogelioLara) on YouTube — youtube.com/watch?v=4ZIBbPz9qxU, published 9 March 2016. 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-verdolagas