SPANISH · LUNCH · DINNER

Pollo en Pepitoria (Spanish Chicken in Almond Sauce)

Pollo en pepitoria

55 min | Serves 4 | 648 kcal a serve | Video 4:33 in Spanish · ¡Que Viva La Cocina!

No dairy listed

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37 g protein and 12 g net carbs a serve from chicken in a thick sauce of toasted almonds, egg yolk and saffron — rich in vitamin E and magnesium, with 7 g fibre.

Diet notes: Low saturated fat (6.5 g, 9% of the energy); Paleo with a swap: arrowroot or tapioca flour instead of the plain flour.

Ingredients 12 · SERVES 4

- [ ] 6 **chicken drumsticks** (muslos), skin on
- [ ] about 3 tbsp **olive oil** (a good splash for the chicken, a little for the almonds)
- [ ] 1 **garlic** clove
- [ ] 1 **onion**, finely chopped
- [ ] 200 g natural (skin-on) almonds, finely chopped
- [ ] 1 **hard-boiled egg yolk**
- [ ] a pinch of **saffron**
- [ ] 1 tbsp **plain flour**
- [ ] 120 ml **dry white wine** (½ glass)
- [ ] 1 litre **chicken stock**
- [ ] **salt** to taste
- [ ] **freshly ground black pepper**

Allergens found in the listed ingredients: Gluten, Egg, Tree nuts, 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 a good splash of olive oil in a casserole over high heat and sear the drumsticks for about 1 minute on each side, just to colour them. Lift out and set aside. 0:18
2. Lower the heat to medium and add the garlic clove and the finely chopped onion to the same oil. Season with a pinch of salt and pepper and cook gently for about 10 minutes. 0:58
3. Meanwhile heat a little oil in a frying pan over high heat and toast the finely chopped almonds for a few seconds, until just golden. 1:35
4. Add the hard-boiled egg yolk and a pinch of saffron to the almonds, mix, and tip everything into the onion. 1:54
5. Stir in 1 tbsp flour and cook for about 2 minutes so it loses its raw taste. 2:45
6. Pour in ½ glass of white wine and stir until it comes together into a smooth paste. 3:06
7. Return the drumsticks, cover generously with the chicken stock and bring to the boil. Simmer for about 30 minutes until the chicken is tender, then check the salt and pepper and serve. 3:25

> **Tip** Serves 4 (as the cook says). Traditionally made with a boiling hen cooked for about 3 hours; chicken drumsticks or a whole jointed chicken are quicker. Lovely with green 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 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
648 kcal	37 g	19 g	7 g	46 g	1,100 mg
2,710 kJ	75% of a day	12 g net · 5 g sugars	25% of a day	6.5 g saturated	48% of a day
		7% of a day		60% of a day	

Energy from net carbs 8% · protein 24% · fat 68% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin E 98% · Selenium 52% · Magnesium 41% · Zinc 39% · Vitamin B6 31% · Iron 21%

Source of (10–19%) Vitamin B12 19% · Potassium 16% · Calcium 14% · Folate 11% · Omega-3 11%

Recipe and video: ¡Que Viva La Cocina! (@QueVivaLaCocina) on YouTube — youtube.com/watch?v=wFfkWPPjfLI, published 6 May 2019. 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/pollo-en-pepitoria