SPANISH · DINNER

Andalusian Chicken in Garlic Sauce

Pollo en salsa andaluza

35 min · Serves 4 · 381 kcal a serve · Video 7:51 · Spain on a Fork

No dairy listed · No nuts listed

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38 g protein and 13 g net carbs a serve: chicken breast simmered in a sauce of onion, green pepper, tomato, smoked paprika and cumin, thickened the Andalusian way with fried garlic and two slices of bread. For DASH, keep the salt to ⅛ tsp a serve.

Diet notes: Low saturated fat (3.1 g, 7% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve.

Ingredients 13 · SERVES 4

- [ ] 60 ml extra **virgin olive oil**
- [ ] 2 **boneless chicken breasts**, 300 g each, cut into 4 cm pieces
- [ ] 2 slices **baguette**, 2½ cm thick
- [ ] 8 **garlic** cloves, peeled (the video uses 10)
- [ ] 1 medium **yellow onion**, roughly diced
- [ ] 1 **green bell pepper**, roughly diced
- [ ] 1 tbsp (15 ml) **sherry vinegar**
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] ½ tsp **ground cumin**
- [ ] 1 medium **tomato**, roughly diced
- [ ] 240 ml **chicken broth**
- [ ] **sea salt** to taste and black pepper
- [ ] chopped **parsley**, to garnish

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

Allergens found in the listed ingredients: Gluten, 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 60 ml olive oil in a large frying pan over medium heat. Pat the chicken dry, season both sides with salt and pepper and cut it into 4 cm pieces. 1:10
2. Brown the chicken in one layer about 2 minutes a side, without cooking it through, and lift it out. 2:16
3. In the same oil fry the baguette slices and whole garlic cloves 3–4 minutes, until lightly golden all over, and set them aside. 2:27
4. Sauté the onion and green pepper in the pan about 4 minutes, stirring. 3:01
5. Add the sherry vinegar, paprika and cumin, then the tomato with salt and pepper, and cook about 3 minutes. Turn off the heat. 3:36
6. Blend the fried bread and garlic with the vegetables, all the oil from the pan and the chicken broth until smooth. 4:16
7. Bring the sauce to a simmer in the pan, add the chicken and its juices, cover and simmer on low about 5 minutes, until cooked through (74°C). Serve with parsley. 5:09

> **Tip** Frying the bread and garlic before blending is what thickens and sweetens the sauce, so let them turn properly golden.

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
381 kcal 1,600 kJ	**38** g 76% of a day	**16** g 13 g net · 3.8 g sugars 6% of a day	**2.2** g 8% of a day	**18** g 3.1 g saturated 23% of a day	**690** mg 30% of a day

Energy from net carbs 14% · protein 42% · fat 44% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 64% · Vitamin B6 53% · Vitamin C 38% · Vitamin K 25%

Source of (10–19%) Vitamin E 18% · Vitamin B12 16% · Zinc 14% · Iron 13% · Potassium 12% · Magnesium 12% · Omega-3 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=yiq8jfCDbxE. 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-en-salsa-andaluza