SPANISH · DINNER · LUNCH

Spanish Chicken in Bravas Sauce

30 min · Serves 4 · 337 kcal a serve · Video 6:46 · Spain on a Fork

No dairy listed · No nuts listed

36 g protein and 5 g net carbs a serve: chicken breast in a smoky paprika sauce thickened with just 3 g of flour a serve, with no sugar or dairy.

Diet notes: Low saturated fat (3 g, 8% of the energy); Paleo with a swap: arrowroot or tapioca flour instead of the all-purpose flour.

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Ingredients 10 · SERVES 4

- [ ] 60 ml extra **virgin olive oil**
- [ ] 2 **boneless**, skinless chicken breasts, 300 g each, cut into 4 cm pieces
- [ ] 1 small **onion**, finely chopped
- [ ] 3 **garlic** cloves, roughly chopped
- [ ] 1½ tbsp (12 g) **all-purpose flour**
- [ ] **Paprika**: 2 tsp sweet and 1 tsp hot smoked Spanish paprika
- [ ] 360 ml **chicken broth**
- [ ] 1 tsp **white wine vinegar**
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] **fresh 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 and cut into 4 cm pieces. 0:42
2. Brown the chicken in a single layer about 3 minutes a side, without cooking it through, then set aside. 1:46
3. In the same pan, sauté the onion and garlic for 2–3 minutes, stirring. Add the flour and keep stirring for 2 minutes to cook out the raw taste. 2:20
4. Stir in both paprikas, then slowly pour in the broth while stirring, until you have a smooth, creamy sauce. 3:14
5. Add the vinegar and a little salt and pepper, return the chicken, turn to coat, cover and simmer on medium-low 3–4 minutes until cooked through. Top with parsley. 3:47

> **Tip** For paleo, thicken with arrowroot instead of flour: stir it into the cold broth first and add it after the paprika. Albert serves it as tapas or a main, with bread to mop up the sauce (not in the numbers).

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
337 kcal 1,410 kJ	**36** g 72% of a day	**6.5** g 5.3 g net · 1.3 g sugars 2% of a day	**1.1** g 4% of a day	**18** g 3 g saturated 23% of a day	**600** mg 26% of a day

Energy from net carbs 6% · protein 44% · fat 50% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 60% · Vitamin B6 45% · Vitamin K 25%

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

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=GzsK78zzXm8. 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-brava