WEST AFRICAN · LUNCH · DINNER

Poulet Yassa (Senegalese Lemon-Onion Chicken)

420 min · Serves 6 · 406 kcal a serve · Video 7:05 · Chef Lola's Kitchen

No dairy listed

The sauce is built from lemon juice, vinegar, mustard and a big pile of slow-cooked onions rather than cream or sugar. About 26 g of protein per serve, and rich in selenium, vitamin B6 and zinc.

Diet notes: Paleo with a swap: avocado oil instead of the peanut oil; Gluten-free with a swap: Check the bouillon label; some contain wheat.

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Ingredients 17 · SERVES 6

- [ ] ½ cup **freshly squeezed lemon juice**
- [ ] ¼ cup **apple cider vinegar** (or red wine vinegar)
- [ ] 2 tablespoons **Dijon mustard**
- [ ] 2 tablespoons **peanut oil** (or other cooking oil), for the marinade
- [ ] 5 **garlic** cloves, minced
- [ ] 2 teaspoons **bouillon powder** (or 2 cubes)
- [ ] 1 **habanero**, finely chopped
- [ ] 1 teaspoon **ground ginger**
- [ ] 1–1½ teaspoons **salt**, or to taste
- [ ] 2 teaspoons **black pepper**
- [ ] 6 **chicken thighs**, bone-in and skin-on
- [ ] 4 **onions**, thinly sliced into half-moons
- [ ] 2 **bay leaves**
- [ ] 2–3 tablespoons **peanut oil** (or other cooking oil), to brown the chicken
- [ ] ¾ cup **chicken stock or water**
- [ ] ¾ cup **green olives** (optional)
- [ ] chopped **parsley**, to garnish (optional)

Allergens found in the listed ingredients: Gluten, Peanut, Mustard, 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. Mix the lemon juice, vinegar, mustard, 2 tbsp oil, garlic, bouillon, habanero, ground ginger, salt and pepper in a bowl. 0:28
2. Put the chicken in a large bowl with the sliced onions and bay leaves, pour over the marinade and mix well. Cover and refrigerate for at least a few hours, preferably overnight. 2:08
3. Lift the chicken out of the marinade. Heat 2–3 tbsp oil in a wide pot over medium heat and brown the thighs for 5–6 minutes on each side, in batches so the pan isn't crowded. Set aside. 2:54
4. Scoop the onions out of the marinade (keep the liquid) and fry them in the same pot for 5–10 minutes until well softened and reduced. 4:06
5. Return the chicken, pour in the reserved marinade and ¾ cup stock or water. Simmer on medium-low for 20–25 minutes, stirring now and then, until the chicken is tender and the sauce has thickened. 4:51
6. Stir in the olives, if using, and simmer 3–5 minutes more. Adjust the seasoning and scatter with parsley. 5:37

> **Tip** Time includes 6 hours of marinating (overnight is best). Serve over white rice or mashed potatoes, as the cook suggests. Leftovers taste even better the next day.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
406 kcal	**26** g	**14** g	**2.9** g	**28** g	**1,060** mg
1,700 kJ	52% of a day	11 g net · 5 g sugars	10% of a day	6.3 g saturated	46% of a day
		5% of a day		36% of a day	

Energy from net carbs 11% · protein 26% · fat 63% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 47% · Vitamin B6 29% · Zinc 22% · Vitamin C 21%

Source of (10–19%) Vitamin E 18% · Vitamin K 14% · Iron 13% · Vitamin B12 13% · Potassium 10% · Magnesium 10%

Recipe and video: Chef Lola's Kitchen (@cheflolaskitchen) on YouTube — youtube.com/watch?v=yT1mdPyiqdo, published 1 August 2020. 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/senegalese-chicken-yassa