SPANISH · DINNER

Pollo al Ajillo: Spanish Garlic Chicken

35 min · Serves 4 · 342 kcal a serve · Video 7:10 · Spain on a Fork

No dairy listed · No nuts listed

Lean chicken breast cooked in a light wine-and-broth sauce: about 35 g of protein per serve, olive oil as the only fat, and only a spoonful of flour to thicken, with no cream or butter.

Diet notes: Low carb (5.3 g net carbs) but not keto: 47% of the energy is from fat, and keto meals get about 60% or more; 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 11 · SERVES 4

- [ ] 60 ml extra **virgin olive oil**
- [ ] 4 cloves **garlic**, skin on, each cut with a slit
- [ ] 8 cloves **garlic**, thinly sliced
- [ ] 2 **chicken breasts**, boneless and skinless (about 300 g each), cut into 4 cm chunks
- [ ] 1 tbsp (8 g) **all-purpose flour**
- [ ] 120 ml **dry white wine**
- [ ] 240 ml **chicken broth**
- [ ] 2 **bay leaves**
- [ ] **fresh parsley**, chopped, to serve
- [ ] **sea salt**, to season
- [ ] **freshly cracked black pepper**

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 the olive oil in a large frying pan over medium heat. Add the 4 skin-on garlic cloves and let them infuse the oil for 5–6 minutes, then lift them out and keep them. 1:08
2. Pat the chicken dry, cut into 4 cm chunks and season with salt and pepper. Brown in the garlic oil in a single layer for 3–4 minutes per side; it does not need to be cooked through yet. 2:03
3. Add the sliced garlic and stir for about a minute until fragrant but not browned. Stir in the flour and cook 2 minutes. 3:15
4. Pour in the white wine and simmer about 3 minutes until slightly thickened. Add the broth, bay leaves and the reserved garlic cloves and bring to the boil. 3:51
5. Cover, lower the heat and simmer about 10 minutes until the chicken is cooked through, shaking the pan now and then to thicken the sauce. Scatter with parsley. 4:41

> **Tip** Serve as a main with roasted potatoes and a green salad, or as tapas. Skinless chicken thighs also work. Use vegetable broth or water with a squeeze of lemon instead of wine if you prefer.

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
342 kcal	36 g	5.7 g	0.4 g	18 g	620 mg
1,430 kJ	72% of a day	5.3 g net · 0.4 g sugars	1% of a day	3 g saturated	27% of a day
		2% of a day		23% 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 47% · Vitamin K 22%

Source of (10–19%) Vitamin B12 16% · Vitamin E 15% · Zinc 12% · Magnesium 10% · Omega-3 10%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=J5mQOb4qFUo, published 20 May 2026. 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/spanish-garlic-chicken-pollo-al-ajillo