ITALIAN · DINNER

Chicken Cacciatore with Mushrooms and Peppers

Pollo alla cacciatora

70 min · Serves 6 · 379 kcal a serve · Video 3:38 · The Mediterranean Dish

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

28 g protein and 11 g net carbs a serve: bone-in chicken thighs braised with mushrooms, peppers, celery and onion in red wine and crushed tomatoes. No flour, sugar or dairy.

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Ingredients 15 · SERVES 6

- [ ] 6 **chicken thighs**, bone-in and skin-on, trimmed of excess fat
- [ ] **Salt**: kosher salt and black pepper, to taste
- [ ] 2 tbsp extra **virgin olive oil**
- [ ] 1 small **yellow onion**, chopped
- [ ] 2 **celery ribs**, chopped
- [ ] ½ **red bell pepper**, chopped
- [ ] ½ **green bell pepper**, chopped
- [ ] **Mushrooms**: 8 oz white or baby bella mushrooms, sliced
- [ ] 3 **garlic** cloves, minced
- [ ] 1 tsp **dried oregano**
- [ ] 3 sprigs **fresh thyme**
- [ ] 2 tbsp chopped **fresh parsley**, plus more to serve
- [ ] a pinch of **red pepper flakes**
- [ ] 1 cup **red wine**
- [ ] 1 (28 oz) can **crushed tomatoes**

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

Allergens found in the listed ingredients: Celery, 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. Season the chicken all over with kosher salt and pepper, lifting the skin so some of the seasoning goes underneath. 0:25
2. Heat 2 tbsp olive oil in a large braiser or deep pan with a lid over medium-high until shimmering. Brown the chicken skin side down, then the other side, about 8 minutes in all, and set it aside. 1:01
3. Add the onion, both peppers, celery, mushrooms and garlic to the pan with a little salt and pepper, the oregano, thyme, parsley and chilli flakes. Cook over medium heat 5–6 minutes, tossing now and then. 1:23
4. Pour in the red wine and simmer until it has reduced by about half. 2:10
5. Stir in the crushed tomatoes and simmer 5–7 minutes. 2:26
6. Nestle the chicken back in skin side up, turn the heat to medium-low, cover and simmer 25–30 minutes, until the chicken is cooked through. 2:36
7. Finish with more parsley and a few more chilli flakes. 3:17

> **Tip** Season under the skin as well as on top; that's where the flavour reaches the meat.

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
379 kcal	**28** g	**15** g	**3.9** g	**21** g	**660** mg
1,590 kJ	57% of a day	11 g net · 7.7 g sugars	14% of a day	5 g saturated	29% of a day
		6% of a day		26% of a day	

Energy from net carbs 13% · protein 32% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 51% · Vitamin C 42% · Vitamin B6 36% · Vitamin K 31% · Zinc 26% · Iron 20%

Source of (10–19%) Potassium 19% · Vitamin E 18% · Magnesium 14% · Vitamin B12 14% · Folate 12% · Vitamin A 11% · Omega-3 10%

Recipe and video: The Mediterranean Dish on YouTube — youtube.com/watch?v=FatykmyFaqM. 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/tmd-chicken-cacciatore