ARGENTINIAN · LUNCH · DINNER

Escabeche de Pollo (Argentine Pickled Chicken)

Escabeche de pollo

75 min · plus chilling, ideally overnight · Serves 5 · 462 kcal a serve

Video 10:01 in Spanish · Matias Chavero

Gluten-free ingredients · Dairy-free · Nut-free

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About 39 g protein and 10 g net carbs a serve: lean chicken breast slowly cooked with onion, carrot and capsicum in vinegar and wine, a cold make-ahead main that keeps blood sugar steady.

Diet notes: Low carb (9.5 g net carbs) but not keto: 50% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 13 · SERVES 5

- [ ] 1 kg **chicken breast** on the bone, boned and cut into small cubes
- [ ] a little **oil** for browning (about 1 tbsp)
- [ ] 2 **onions**, sliced
- [ ] 1 **red capsicum** (bell pepper), cut in thin strips
- [ ] 2 **carrots**, cut in 1 cm rounds
- [ ] 1 tbsp **salt** (about two-thirds of it is eaten, the rest stays in the liquid)
- [ ] ½ tbsp **ground black pepper**
- [ ] **Garlic powder**: 1 tbsp dried garlic and parsley mix (ajo y perejil)
- [ ] 1 tbsp **dried oregano**
- [ ] 200 ml (1 glass) **white vinegar** (vinagre de alcohol)
- [ ] 200 ml (1 glass) **white wine**
- [ ] 100 ml (½ glass) **oil**
- [ ] 400 ml (2 glasses) **water**, partly simmered off

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the 2 onions, cut the red capsicum into thin strips and the carrots into 1 cm rounds (score the carrots lengthwise first if you want little flowers). 0:49
2. Bone the chicken breast, keeping the knife close to the carcass, then cut the meat into strips and then into small cubes. 2:06
3. Heat a little oil in a casserole and cook the chicken for about 5 minutes, stirring now and then. 3:25
4. Add all the vegetables, then season with the salt, pepper, dried garlic and parsley, and oregano. 3:46
5. Pour in the white vinegar, white wine, ½ glass of oil and the water and stir well. 4:18
6. When it boils, lower the heat and simmer half-covered for 45 minutes. Cool, then keep in a covered container in the fridge; it tastes best after a day or two and keeps about 5 days. Serve cold. 4:46

> **Tip** Serves 5 (our estimate from 1 kg chicken on the bone). Add bay leaves and whole peppercorns if you have them, as is traditional. Use white or cider vinegar; wine vinegar turns it pink. A Christmas favourite for hot days.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
462 kcal	39 g	12 g	2.9 g	26 g	1,050 mg
1,930 kJ	77% of a day	9.5 g net · 5.4 g sugars	10% of a day	2.8 g saturated	45% of a day
		5% of a day		33% of a day	

Energy from net carbs 9% · protein 36% · fat 55% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 125% · Selenium 61% · Vitamin B6 56% · Vitamin C 49% · Vitamin A 32% · Vitamin E 32% · Vitamin K 21%

Source of (10–19%) Vitamin B12 17% · Zinc 14% · Potassium 13% · Magnesium 13% · Iron 11%

Recipe and video: Matias Chavero (@MatiasChavero) on YouTube — youtube.com/watch?v=IBqP5pqpx7U, published 19 December 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/escabeche-de-pollo