BRAZILIAN · LUNCH · DINNER

Frango com Quiabo (Brazilian Chicken and Okra Stew)

Frango com quiabo

70 min · Serves 4 · 462 kcal a serve · Video 17:53 in Portuguese · Receitas

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

44 g protein and 9 g net carbs a serve from skin-on chicken braised with okra, tomato and capsicum, which also make it rich in vitamin C.

Diet notes: Low carb (9.2 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 14 · SERVES 4

- [ ] 4 **bone-in chicken thighs** (sobrecoxas), skin on
- [ ] 4 **bone-in chicken drumsticks** (coxas), skin on
- [ ] **Lime juice**: juice of 2 limes (limão) — 1 for the chicken, 1 for the okra
- [ ] 2½ tsp **salt** plus a pinch (2 tsp for the chicken, the rest for the sauce)
- [ ] 1 tsp **colorau** (annatto powder)
- [ ] 1 tsp **ground cumin**
- [ ] **freshly ground black pepper**, to taste
- [ ] 1 tbsp **olive oil**
- [ ] 1 **onion**, finely chopped
- [ ] 1 ripe Roma (Italian) tomato, seeded and diced small
- [ ] 1 **yellow capsicum** (bell pepper), cut into 1 cm cubes
- [ ] 2 **garlic** cloves, finely chopped
- [ ] 600 ml **water**
- [ ] 200 g **okra** (about 20), cut into 3 on the diagonal

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

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. Season the chicken thighs and drumsticks with the juice of 1 lime, 2 tsp salt, 1 tsp colorau, 1 tsp cumin and pepper. Rub the seasoning in with your hands and leave for 15 minutes. 0:15
2. Meanwhile cut the yellow capsicum into 1 cm cubes, seed and finely dice the tomato, and finely chop the onion and garlic. 2:44
3. Heat 1 tbsp olive oil in a wide, shallow casserole over medium heat. Brown the chicken skin side down for about 4 minutes, then 4 minutes on the other side. Lift out and keep the marinade juices. 5:02
4. In the chicken fat left in the pan, cook the onion and tomato with a pinch of salt for 2 minutes, pressing into a paste. Add the capsicum for 2 minutes, then the garlic for 1 minute. 7:42
5. Pour in 590 ml water, scraping up the browned bits, add the leftover marinade and ½ tsp salt and bring to the boil. Return the chicken skin side up (half submerged) and cook 25 minutes over medium heat, lid ajar. 9:59
6. While it cooks, trim the okra, cut each into 3 pieces on the diagonal and toss with the juice of the second lime — it helps keep the okra from turning slimy. 11:59
7. Tuck the okra between the chicken pieces and cook 5 minutes more, uncovered, spooning the sauce over, until the okra is just tender and the sauce has thickened. 16:27

> **Tip** Serves 4 (our estimate: a thigh and a drumstick each). Rita Lobo serves it with creamy canjiquinha (cracked-corn porridge) and crispy okra roasted at 200 °C for 30 minutes; in Minas Gerais it is also eaten with angu or rice.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
462 kcal 1,930 kJ	**44** g 88% of a day	**13** g 9.2 g net · 4.9 g sugars 5% of a day	**3.7** g 13% of a day	**26** g 6.7 g saturated 34% of a day	**1,660** mg 72% of a day

Energy from net carbs 8% · protein 39% · fat 53% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin C 78% · Selenium 72% · Vitamin B6 52% · Zinc 41% · Vitamin B12 24% · Vitamin K 22%

Source of (10–19%) Magnesium 19% · Vitamin A 19% · Folate 18% · Iron 17% · Potassium 16% · Vitamin E 14% · Omega-3 13%

⚠ One serve has about 72% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Receitas (@receitas) on YouTube — youtube.com/watch?v=Tr8F7Sq5ahM, published 22 May 2020. 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/frango-com-quiabo