GREEK · LUNCH · DINNER

Kotopoulo Kokinisto (Greek Chicken and Potatoes in Tomato)

90 min · Serves 6 · 537 kcal a serve · Video 5:09 · Dimitra's Dishes

Gluten-free ingredients · Nut-free

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One tray gives each person about 38 g of protein and 6 g of fibre from chicken, potatoes and a tomato sauce with no cream. Rich in vitamin B6, vitamin C and potassium.

Diet notes: Dairy-free if you leave out the feta cheese.

Ingredients

16 · SERVES 6

- [ ] 1 **chicken** (1.1–1.4 kg), cut into pieces
- [ ] 680 g **potatoes**, peeled and cut into 4 cm cubes
- [ ] 2 teaspoons **salt**, or more
- [ ] **black pepper**, to taste
- [ ] a pinch of **crushed red pepper flakes**
- [ ] 1 teaspoon **cumin powder**
- [ ] 1–2 teaspoons **dried oregano**
- [ ] 3–4 tablespoons **olive oil**
- [ ] 790 g **canned tomatoes**, puréed
- [ ] 1 small **onion**, very finely chopped
- [ ] 3–4 **garlic** cloves, grated
- [ ] ½ teaspoon **granulated sugar or honey** (optional)
- [ ] 240 ml **chicken broth or water**
- [ ] 2–3 tablespoons **harissa paste**
- [ ] **feta cheese**, to serve
- [ ] chopped **fresh parsley**, to garnish

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

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 220°C. Put the chicken pieces and potato cubes in a 23 × 33 cm baking dish, drizzle with the olive oil and season with salt, pepper, cumin, oregano and chilli flakes. 2:15
2. Pour the puréed tomatoes, onion, garlic, sugar (if using), broth or water and harissa over the top and toss everything together. 2:50
3. Cover with a sheet of crumpled baking paper and bake for 30 minutes. 3:10
4. Uncover, stir everything once more and raise the oven to 230°C. Bake 45–50 minutes more until the chicken is cooked and the potatoes are tender. Taste and adjust the seasoning. 3:17
5. Scatter with parsley and serve with feta. 4:07

> **Tip** The cook serves it with toasted bread to mop up the sauce. No harissa? Purée a few jarred roasted red peppers with the tomatoes instead.

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

One serve gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
537 kcal	38 g	38 g
2,250 kJ	75% of a day	32 g net · 8.8 g sugars
		14% of a day

FIBRE	FAT	SODIUM
5.8 g	27 g	1,330 mg
21% of a day	7.5 g saturated	58% of a day
	34% of a day	

Energy from net carbs 24% · protein 29% · fat 47% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B6 61% · Selenium 55% · Zinc 32% · Vitamin C 31% · Iron 29% · Potassium 28% · Vitamin K 27% · Vitamin B12 24% · Magnesium 21% · Vitamin E 21%

Source of (10–19%) Folate 16% · Omega-3 14% · Calcium 13% · Vitamin A 12%

⚠ One serve has about 58% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=wiQ6ssRhxV8, published 5 November 2019. 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/greek-chicken-potatoes-kokinisto