GREEK · DINNER

Kotopoulo me Bamies (Greek Chicken and Okra in Tomato)

Κοτόπουλο με Μπάμιες

110 min | Serves 4 | 759 kcal a serve | Video 7:11 in Greek · Sotiris Evaggelou

Gluten-free ingredients | Dairy-free | Nut-free

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55 g protein and 18 g net carbs a serve: chicken braised in fresh tomato with a whole kilo of okra, which brings 11 g fibre and more than a day's vitamin K.

Ingredients 11 · SERVES 4

- [ ] 1 whole **chicken** (about 1.4 kg), cut into 4 pieces (legs and breasts)
- [ ] 1 kg **fresh okra**, stems trimmed
- [ ] 100 ml **olive oil** (a little for the okra and a drizzle to serve)
- [ ] 1 **brown onion**, diced
- [ ] 1 clove **garlic**, thinly sliced
- [ ] 5 **ripe tomatoes**, peeled and grated
- [ ] ½ bunch **parsley**, finely chopped
- [ ] 3 tbsp **vinegar**
- [ ] **flaky salt**, to taste
- [ ] **freshly ground black pepper**
- [ ] **cold water**, 1 small glass (about 100 ml)

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. Heat most of the olive oil in a wide pot and brown the 4 chicken pieces slowly on both sides, seasoning with flaky salt and freshly ground pepper. 0:47
2. Push the chicken to one side, add the sliced garlic and diced onion and stir until glossy, then add the grated tomatoes with a little more salt and pepper. 1:25
3. When the tomato has released its juices, add a small glass of cold water, cover with baking paper and the lid, bring to the boil and simmer gently for about 45 minutes. 2:15
4. Meanwhile trim the okra by paring the stems around the top without cutting into the pods. 2:40
5. Toss the okra in a frying pan with a little olive oil and salt for a couple of minutes, splash in the vinegar, keep turning for 2–3 minutes, then tip into a colander. 3:10
6. Push the chicken aside, add the okra and parsley to the sauce, cover again and simmer for 30 minutes, then cook 5 minutes uncovered until the sauce is thick. 4:01
7. Serve with a drizzle of olive oil. 5:30

> **Tip** Serves 4 as on the chef's ingredient card. Pick small, firm okra and pare the stems without cutting into the pods so they hold their shape. Often eaten with feta and bread.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
759 kcal	55 g	29 g	11 g	48 g	660 mg
3,170 kJ	110% of a day	18 g net · 9.5 g sugars	38% of a day	9.9 g saturated	29% of a day
		11% of a day		62% of a day	

Energy from net carbs 10% · protein 30% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 142% · Vitamin C 97% · Vitamin B6 85% · Selenium 81% · Magnesium 49% · Folate 49% · Zinc 48% · Vitamin E 36% · Potassium 34% · Vitamin A 28% · Iron 27% · Vitamin B12 22% · Omega-3 22% · Calcium 20%

Recipe and video: Sotiris Evaggelou (@sotirisevaggelou) on YouTube — youtube.com/watch?v=T8ihNRTkOxM, published 1 July 2025. 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/kotopoulo-me-bamies-chicken-okra