SPANISH · DINNER · LUNCH

Spanish Sherry Vinegar Chicken

Pollo al vinagre de Jerez

30 min · Serves 4 · 332 kcal a serve · Video 7:30 · Spain on a Fork

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

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36 g protein and 5 g net carbs a serve: chicken breast in a tangy sherry vinegar and garlic sauce, with olive oil and no flour, sugar or dairy.

Diet notes: Low carb (4.7 g net carbs) but not keto: 48% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (3 g, 8% of the energy).

Ingredients 9 · SERVES 4

- [ ] 60 ml extra **virgin olive oil**
- [ ] 2 **boneless**, skinless chicken breasts, 300 g each, cut into 4 cm chunks
- [ ] 1 medium **yellow onion**, thinly sliced
- [ ] 6 **garlic** cloves, thinly sliced
- [ ] 60 ml **sherry vinegar** (or red wine or cider vinegar)
- [ ] 120 ml **chicken broth**
- [ ] **Dried herbs**: 4 sprigs fresh thyme (or ½ tsp dried) and 1 bay leaf
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] chopped **parsley**, to garnish

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

Allergens found in the listed ingredients: 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. Heat 60 ml olive oil in a large frying pan over medium heat. Pat the chicken dry, season both sides and cut into 4 cm chunks. 1:40
2. Brown the chicken in a single layer for about 3 minutes a side, without cooking it through, then set aside. 2:49
3. In the same pan, cook the sliced onion and garlic for 6–8 minutes, scraping up the browned bits and stirring every minute or so, until the onion is translucent. 3:00
4. Pour in the sherry vinegar, season lightly and simmer 2–3 minutes until reduced by half. 3:44
5. Add the broth, thyme and bay leaf and bring to a simmer. Return the chicken and its juices, cover and simmer on medium-low 3–4 minutes until cooked through (74 °C). Scatter with parsley. 4:13

> **Tip** Albert serves it with roasted potatoes and a garden salad (not in the numbers); a big salad or roasted vegetables keep it paleo. Chicken thighs work too.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
332 kcal	36 g	5.6 g	0.9 g	18 g	550 mg
1,390 kJ	72% of a day	4.7 g net · 1.8 g sugars	3% of a day	3 g saturated	24% of a day
		2% of a day		23% of a day	

Energy from net carbs 6% · protein 44% · fat 50% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 58% · Vitamin B6 46% · Vitamin K 26%

Source of (10–19%) Vitamin B12 16% · Vitamin E 15% · Zinc 12% · Magnesium 10% · Omega-3 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=bTjZV2TY464. 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/pollo-al-vinagre-de-jerez