ITALIAN · LUNCH · DINNER

Pollo alla Diavola (Italian Devil's Chicken)

170 min · Serves 4 · 620 kcal a serve · Video 8:20 · Recipe30

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

About 58 g of protein per serve with almost no carbohydrate; the heat and flavour come from garlic, chilli, rosemary, lemon and vinegar rather than a sugary glaze. Rich in selenium, vitamin B6 and zinc.

Diet notes: Low carb (2 g net carbs) but not keto: 59% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 14 · SERVES 4

- [ ] 1 whole **chicken**, about 3.5 lb, butterflied
- [ ] 2 tbsp **olive oil**, for the marinade
- [ ] 1 tbsp **lemon juice**
- [ ] 1 tbsp **white wine vinegar**
- [ ] 1 tbsp chopped **fresh rosemary**
- [ ] 1 tsp **dried oregano**
- [ ] 1–2 tsp **chilli flakes**, to taste
- [ ] 1 tsp **smoked paprika** (optional)
- [ ] 1½ tsp **fine sea salt**, plus a pinch for the garlic
- [ ] **black pepper**, to taste
- [ ] 3 **garlic** cloves, finely grated
- [ ] 1 tbsp **olive oil**, for the garlic paste
- [ ] extra **olive oil**, to drizzle (about ½ tbsp)
- [ ] 1 **lemon**, cut into wedges, plus extra wedges to serve

Amounts in US 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. Butterfly the chicken: lay it breast-side down, cut out the backbone with kitchen scissors, turn it over and press firmly on the breastbone to flatten. 0:36
2. Mix 2 tbsp olive oil with the lemon juice, vinegar, rosemary, oregano, chilli flakes, smoked paprika, salt and pepper. In another bowl mix the grated garlic with 1 tbsp oil and a pinch of salt. 1:03
3. Loosen the skin over the breasts, rub the garlic paste and a little of the marinade underneath, then rub the rest all over the outside. Cover and refrigerate at least 1 hour, or overnight. 3:08
4. Take the chicken out 30 minutes before cooking and heat the oven to 425°F. Lay it skin-side up in a roasting pan, drizzle with a little oil and tuck the lemon wedges underneath. 4:00
5. Roast 40–50 minutes, basting once or twice, until golden and the thickest part of the thigh reaches 165°F. For extra-crisp skin, finish under the grill for 2–3 minutes, watching closely. 4:24
6. Rest 10–15 minutes in the pan, carve, spoon over the pan juices and serve with lemon wedges. 4:55

> **Tip** The cook serves it with roast potatoes and a green salad. Marinating overnight gives a deeper flavour. Use less chilli for a milder bird.

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
620 kcal	**58** g	**2.9** g	**0.9** g	**41** g	**1,140** mg
2,590 kJ	116% of a day	2 g net · 0.5 g sugars	3% of a day	9.7 g saturated	50% of a day
		1% of a day		52% of a day	

Energy from net carbs 1% · protein 38% · fat 61% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 92% · Vitamin B6 53% · Zinc 37% · Vitamin B12 26% · Omega-3 21%

Source of (10–19%) Iron 19% · Vitamin E 19% · Vitamin K 15% · Vitamin A 14% · Magnesium 13% · Potassium 11%

Recipe and video: Recipe30 (@recipe30) on YouTube — youtube.com/watch?v=7HrNRVCnSNs, published 30 April 2026. 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-alla-diavola-italian-devils-chicken