DOMINICAN · LUNCH · DINNER

Pollo Guisado (Dominican Braised Chicken)

Pollo guisado

45 min · Serves 4 · 363 kcal a serve · Video 6:58 in Spanish · Cocinando con Yolanda

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

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About 32 g protein and 4 g net carbs a serve: chicken browned in just ¼ tsp of sugar for the whole pot, then braised with peppers, tomato and onion, a low-carb main that keeps blood sugar steady.

Diet notes: Low carb (4.4 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

13 · SERVES 4

- [ ] 900 g **chicken** pieces on the bone (thighs, drumsticks, wings)
- [ ] 1 tbsp **sazón casero** (Dominican blended garlic, onion, pepper and herb seasoning)
- [ ] ¼ tsp **dried oregano**
- [ ] ½ tsp **salt**, plus more to taste
- [ ] 3 tbsp **oil**
- [ ] ¼ tsp **sugar**, to brown the chicken
- [ ] ½ tsp **tomato paste**
- [ ] ½ **ají verde** (green cubanelle pepper), chopped
- [ ] ¼ **ají morrón** (red capsicum), chopped
- [ ] 1 small **ripe tomato**, chopped
- [ ] ½ **onion**, chopped
- [ ] 1 sprig **cilantro**, chopped
- [ ] a little **water**, added a splash at a time (about 120 ml in all)

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 with the sazón casero, oregano and ½ tsp salt, mix well and leave for 5 minutes. 0:47
2. Heat the 3 tbsp oil in a heavy pot (caldero), add the ¼ tsp sugar and let it caramelise to a dark amber. 1:39
3. Add the chicken pieces one at a time and turn them in the caramel so they take on its colour. 1:59
4. Let the chicken brown, pouring small splashes of water around the edge of the pot now and then and turning the pieces until they are deep brown all over. Don't cover it at this stage. 3:00
5. Push the chicken aside, fry the tomato paste in the centre for a minute, then add the green and red pepper, tomato, onion and cilantro and stir-fry about 5 minutes. 4:08
6. Add a little more water, stir, cover and cook 10 minutes until the chicken is cooked through and sitting in a thick sauce. 5:35

> **Tip** Serves 4 (our estimate from 910 g chicken). The cook serves it with moro (rice and black beans) and avocado; avocado and a salad keep it lighter. No sazón casero? Use crushed garlic, a little onion and cilantro.

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

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
363 kcal	32 g	5.6 g	1.2 g	23 g	500 mg
1,520 kJ	64% of a day	4.4 g net · 2.5 g sugars	4% of a day	4.3 g saturated	22% of a day
		2% of a day		30% of a day	

Energy from net carbs 5% · protein 36% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 63% · Selenium 53% · Vitamin C 33% · Vitamin B6 33% · Zinc 30% · Vitamin B12 30%

Source of (10–19%) Vitamin K 17% · Vitamin E 16% · Potassium 10% · Iron 10%

Recipe and video: Cocinando con Yolanda (@CocinandoconYolanda) on YouTube — youtube.com/watch?v=qQr1g9_i_nI, published 25 October 2021. 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-guisado-dominicano