FRENCH · DINNER

Poulet Basquaise (Basque Chicken with Peppers and Tomatoes)

Poulet basquaise

75 min · Serves 4 · 581 kcal a serve · Video 3:48 in French · 750g

Dairy-free · Nut-free

Chicken braised with fresh tomatoes and peppers: about 49 g of protein, 13 g net carbs and nearly a day's vitamin C a serve.

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Ingredients 15 · SERVES 4

- [ ] 1 **chicken** (about 3¼ lb), cut into 8 pieces
- [ ] 1 oz **plain flour**, for dusting (about half clings to the chicken)
- [ ] 2½ tbsp (4 cl) **olive oil**
- [ ] 2¼ lb **ripe tomatoes**, peeled, seeded and sliced
- [ ] 3½ oz **onion**, finely chopped
- [ ] 2 cloves **garlic**, germ removed
- [ ] 3½ oz **mild green peppers**, such as piment doux des Landes, or green capsicum
- [ ] 3½ oz **red capsicum**
- [ ] 1 small **chilli**, for a little heat
- [ ] 1 tsp **piment d'Espelette** (Basque chilli powder)
- [ ] ½ cup (10 cl) **dry white wine**
- [ ] a sprig of **thyme**
- [ ] 2 **bay leaves**
- [ ] **fine salt**
- [ ] **black pepper**

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

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the tomatoes: dip them in boiling water for 12–15 seconds, then straight into cold water. Slip off the skins, halve them top to bottom, scoop out the seeds and slice. 0:18
2. Roast the peppers whole in the oven at 400°F until the skins are almost black, then shut them in a freezer bag so the steam loosens the skins. Peel, seed and cut into strips. 0:44
3. Cut the chicken into pieces (legs and breasts each split into a bone-in and a boneless piece) so everyone gets some of each. 1:08
4. Dust the chicken lightly with flour, tap off the excess and brown it in the olive oil in a wide sauté pan. Lift it out. 1:38
5. In the same pan soften the onion for 2–3 minutes, then add the peppers, tomatoes, thyme, bay, garlic and the small chilli. Season lightly, cover and simmer for 12–15 minutes over medium heat until soft. 1:53
6. Stir in the piment d'Espelette and white wine, return the chicken, cover and simmer gently for about 30 minutes until cooked through. 2:23
7. Lift out the chicken and reduce the sauce until it coats a spoon, then spoon it back over the chicken. 2:37

> **Tip** Serves 4. Traditionally served with steamed potatoes or rice; green beans or a salad keep it lower in carbs. If you are not used to Espelette pepper, add a little and more at the end.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
581 kcal	**49** g	**17** g	**4.3** g	**33** g	**540** mg
2,430 kJ	99% of a day	13 g net · 8.2 g sugars	15% of a day	7.7 g saturated	24% of a day
		6% of a day		42% of a day	

Energy from net carbs 10% · protein 36% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 92% · Selenium 77% · Vitamin B6 62% · Zinc 35% · Vitamin K 26% · Vitamin A 24% · Vitamin E 24% · Potassium 22% · Vitamin B12 21%

Source of (10–19%) Iron 19% · Magnesium 18% · Omega-3 16% · Folate 15%

Recipe and video: 750g (@750g_recette_de_cuisine) on YouTube — youtube.com/watch?v=MiCuzjB_vtg, published 10 August 2022. 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/poulet-basquaise-750g