SPANISH · DINNER · LUNCH

# One-Pan Mediterranean Chicken Skillet

30 min · Serves 4 · 414 kcal a serve · Video 6:49 · Spain on a Fork

Gluten-free ingredients · No nuts listed

39 g protein and 14 g net carbs a serve from chicken breast with peppers, zucchini, tomatoes and olives in olive oil, with no flour or sugar.

**Diet notes:** Low saturated fat (3.7 g, 8% of the energy); Paleo with a swap: leave out the feta; No dairy if you leave out the feta.

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## Ingredients 15 · SERVES 4

- [ ] 3 tbsp (3 tbsp) extra **virgin olive oil**
- [ ] 2 **boneless chicken breasts**, 10 oz each, cut into 1 inch pieces
- [ ] 1 medium **yellow onion**, roughly chopped
- [ ] 8 **garlic** cloves, thinly sliced
- [ ] 1 **red bell pepper**, roughly chopped
- [ ] 1 small **zucchini**, in thin half-moons
- [ ] ¼ cup **dry white wine** (or broth with a squeeze of lemon)
- [ ] **Dried herbs**: 1 tsp dried oregano and ½ tsp dried thyme
- [ ] ¼ tsp **crushed red pepper**
- [ ] 1 can (14½ oz, 14 oz) diced **tomatoes**
- [ ] 1 cup **pitted black olives**
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] 2 tsp **lemon juice**, to finish
- [ ] 2 tbsp crumbled **feta**, to garnish
- [ ] **fresh parsley**, to garnish

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

**Allergens found in the listed ingredients:** Milk, 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 3 tbsp olive oil in a large frying pan over medium heat. Pat the chicken breasts dry, season both sides and cut into 1 inch pieces. 1:00
2. Brown the chicken in a single layer about 2 minutes a side (it finishes later). Meanwhile chop the onion, pepper and zucchini and slice the garlic. Lift out the chicken. 1:48
3. Sauté the vegetables in the same pan for 6–8 minutes, stirring every minute or so, until lightly golden. 2:20
4. Add the wine, oregano, thyme and crushed red pepper and simmer about 3 minutes until the alcohol cooks off. 2:56
5. Stir in the tomatoes and black olives and season with salt and plenty of pepper. 3:36
6. Return the chicken and its juices, turn to coat, cover and simmer on medium-low 5–10 minutes until cooked through (165°F). Finish with lemon juice, feta and parsley. 4:08

> **Tip** Leave off the feta for a dairy-free, paleo plate. Albert serves it with a crunchy baguette (not in the numbers); cauliflower rice or a salad keeps it low-carb.

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

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 414 kcal<br>1,730 kJ | 39 g<br>78% of a day | 20 g<br>14 g net · 8.6 g sugars<br>7% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 5.2 g<br>18% of a day | 19 g<br>3.7 g saturated<br>25% of a day | 890 mg<br>39% of a day |

**Energy from** net carbs 15% · protein 41% · fat 44% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin C 80% · Vitamin B6 65% · Selenium 62% · Vitamin E 33% · Vitamin K 30% · Iron 25%

**Source of** (10–19%) Potassium 19% · Zinc 19% · Vitamin B12 19% · Magnesium 17% · Folate 14% · Omega-3 13% · Vitamin A 12% · Calcium 11%

**Recipe and video:** Spain on a Fork on YouTube — youtube.com/watch?v=oFQuJEluR5w. 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/spanish-mediterranean-chicken-skillet