MEDITERRANEAN · DINNER · LUNCH

Skillet Onion Chicken with Caramelised Onions

45 min · Serves 4 · 475 kcal a serve · Video 6:30 · The Mediterranean Dish

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

44 g protein and 15 g net carbs a serve from chicken thighs braised in a big pile of caramelised onions, with olive oil and no flour, sugar or dairy. Rich in selenium, vitamin B6 and zinc.

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Ingredients 5 · SERVES 4

- [ ] 2 tbsp extra **virgin olive oil** (up to 3 tbsp)
- [ ] 4 large **onions**, sliced into ½-inch rings
- [ ] 8 **bone-in chicken thighs**, skin removed
- [ ] ¼ cup **chicken broth** (or water)
- [ ] **kosher salt**, to taste

Allergens found in the listed ingredients: none. 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 2–3 tbsp olive oil in a large cast-iron skillet over medium-high heat. Test with one onion ring: when it sizzles, the oil is ready. 0:27
2. Add the onions in batches with a good pinch of kosher salt. Cover briefly so they sweat and collapse, then add the next batch until they all fit. 1:28
3. Keep cooking, tossing now and then, until the onions are deep golden brown and caramelised. 2:34
4. Push the onions to the side. Season the skinless thighs with a pinch of salt, lay them in seasoned side down, season the top, and brown well on both sides. 3:19
5. Add ¼ cup broth or water, cover, lower the heat and cook 20–30 minutes until the chicken is cooked through and tender in the dark onion juices. 4:10
6. Serve the chicken with plenty of the caramelised onions and pan juices. 4:55

> **Tip** Serves 4 at 2 thighs each (our estimate; the cook's card counts 8 pieces). Suzy serves it with basmati rice, couscous or pita to soak up the juices (not in the numbers); a big salad or cauliflower rice keeps it lower in carbs.

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
475 kcal	44 g	19 g	3.4 g	24 g	590 mg
1,990 kJ	88% of a day	15 g net · 8.5 g sugars	12% of a day	5.7 g saturated	25% of a day
		7% of a day		31% of a day	

Energy from net carbs 13% · protein 39% · fat 48% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 72% · Vitamin B6 47% · Zinc 41% · Vitamin B12 40%

Source of (10–19%) Vitamin C 16% · Potassium 15% · Iron 14% · Magnesium 14% · Folate 12% · Vitamin K 10% · Omega-3 10%

Recipe and video: The Mediterranean Dish on YouTube — youtube.com/watch?v=cFcP5zLE2Ik. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/tmd-skillet-onion-chicken