



Chicken and Chorizo Hash with OJ Gravy

READY IN



35 min.

SERVINGS



4

CALORIES



419 kcal

SIDE DISH

Ingredients

- ☐ 2 medium carrots halved lengthwise sliced
- ☐ 8 ounces mexican chorizo sausage fresh
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 leaf flat parsley fresh chopped for garnish
- ☐ 4 sprigs thyme leaves fresh chopped
- ☐ 2 garlic cloves thinly sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1.5 cups orange juice
- ☐ 1 tablespoon jalapeño peppers chopped

- ☐ 1 small plantains diced green peeled
- ☐ 0.5 rotisserie chicken cut shredded skinless chopped
- ☐ 1 scallion white green chopped and parts
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ potato masher
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ To make the hash, put the chorizo in a large skillet over medium heat. Vigorously break up the sausage into bits with a potato masher or wooden spoon as it cooks. Once it resembles ground meat, add the plantain and carrots. Season with a tiny pinch of salt and some black pepper. Toss to coat everything in the fat and cook, without stirring, for a few minutes to develop color on the plantains and carrots, then toss and wait again. Cook this way until the plantains and carrots are caramelized on most sides and tender, and the chorizo is browned, about 15 minutes.
- ☐ Add the thyme, garlic, scallions, and jalapenos. Toss to coat and cook, stirring, until the garlic is tender and fragrant, about 5 minutes.
- ☐ Add the chicken and stir to coat.
- ☐ To make the gravy, sprinkle the flour over the top of the hash and stir with a wooden spoon until it disappears, then cook for a few more minutes to remove the flour taste.
- ☐ Add the Worcestershire sauce and orange juice. Continue to stir, allowing the juices to thicken.
- ☐ Remove from the heat and stir in the sour cream.
- ☐ Garnish with the parsley and serve.

Nutrition Facts



Properties

Glycemic Index:86.21, Glycemic Load:7.18, Inflammation Score:-10, Nutrition Score:24.902608415355%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 418.6kcal (20.93%), Fat: 13.15g (20.23%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 30.28g (11.01%), Sugar: 11.06g (12.29%), Cholesterol: 150.34mg (50.11%), Sodium: 532.54mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.11g (84.21%), Vitamin A: 5771.04IU (115.42%), Vitamin C: 71.45mg (86.6%), Vitamin B3: 13.11mg (65.54%), Selenium: 40.37µg (57.67%), Phosphorus: 361.91mg (36.19%), Vitamin B6: 0.53mg (26.65%), Potassium: 903.1mg (25.8%), Vitamin B5: 2.28mg (22.84%), Vitamin B1: 0.27mg (18.32%), Magnesium: 68.25mg (17.06%), Vitamin B2: 0.29mg (16.9%), Folate: 66.72µg (16.68%), Vitamin K: 15.08µg (14.36%), Iron: 2.44mg (13.56%), Manganese: 0.2mg (10%), Fiber: 2.42g (9.69%), Copper: 0.19mg (9.36%), Zinc: 1.39mg (9.29%), Calcium: 70.6mg (7.06%), Vitamin B12: 0.35µg (5.81%), Vitamin E: 0.51mg (3.38%)