



## Chicken and Olive Ragout With Dijon Potatoes

READY IN



90 min.

SERVINGS



8

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon diced
- 1 tablespoon butter
- 4 carrots chopped
- 1 cup chicken stock see
- 1 tablespoon dijon mustard
- 1 teaspoon thyme dried
- 2 cups wine dry white
- 0.3 cup flour
- 8 servings parsley fresh (to garnish)

- 4 garlic clove minced
- 0.5 teaspoon pepper fresh
- 0.8 cup olive mixed green black
- 4 lbs potatoes
- 1 large bell pepper diced red
- 0.3 teaspoon salt
- 8 servings salt
- 8 servings salt and pepper
- 0.5 cup shallots minced
- 2 lbs chicken thighs boneless skinless cut into chunks
- 1.3 cups whipping cream warmed

## Equipment

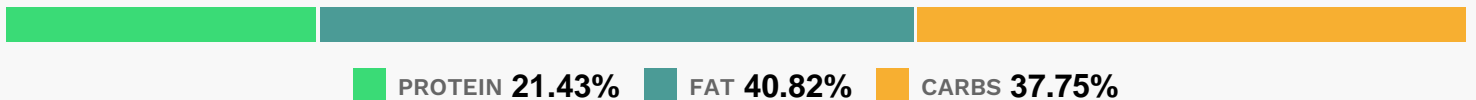
- bowl
- frying pan
- paper towels
- oven
- pot
- plastic wrap
- aluminum foil

## Directions

- In a large pan or deep skillet, cook bacon over medium-high heat until crisp.
- Remove bacon and drain on paper towel, set aside.
- Drain most of fat from pan leaving 1 tablespoon, reserve excess fat.
- Add chicken to pan and brown on all sides, do not crowd the pan, transfer browned pieces to a bowl. Use more of reserved fat as necessary to brown all chicken. Set chicken aside. Reduce heat to medium-low and add remaining fat and/or butter.
- Add carrots, shallots, garlic, thyme (I prefer fresh thyme) pepper and salt.

- Saute for approximately 10 minutes or less if you prefer carrots a little crunchy.
- Sprinkle flour over vegetable mixture and cook stirring for 2 minutes. Gradually add wine and chicken stock, stirring gently to scrape the browned bits off the bottom of the pan. Bring to boil, stirring often for 5 minutes, until sauce thickens. Return chicken with any juices in the bowl to the pan, reduce heat and simmer gently for about 10 minutes.
- Add red pepper, olives and mustard. Simmer another 10 minutes or until chicken is cooked thoroughly and sauce is thickened. Taste and adjust seasoning as necessary. Crumble reserved bacon into the mixture and serve over the Dijon Mashed potatoes. Note: the flavours of this ragout benefit from being made a day ahead and refrigerating over night. I do not add the bacon until just before serving, so pieces will remain crunchy. This dish freezes well. Prepare the complete recipe, spoon potatoes around the edge of a large 12–16 cup casserole, spoon chicken mixture in the centre, cover with plastic wrap and wrap entire dish in foil. Freeze up to 2 months. Thaw in refrigerator for 48 hours and bake 350 degrees for about 1 1/2 hours, until chicken and potatoes are hot and bubbly. To prepare potatoes: Peel and cut into chunks, put into large pot, cover with water add salt and bring to a boil, simmer until tender, 20 minutes.
- Drain and return to low heat, shaking pot to dry potatoes for 1 minute.
- Remove from heat, mash and gradually mix in cream and mustard. Season with salt and pepper to taste.

## Nutrition Facts



### Properties

Glycemic Index: 57.32, Glycemic Load: 34.14, Inflammation Score: -10, Nutrition Score: 36.167391030685%

### Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

### Nutrients (% of daily need)

Calories: 625.7kcal (31.29%), Fat: 26.69g (41.06%), Saturated Fat: 12.54g (78.4%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 47.92g (17.43%), Sugar: 7.54g (8.37%), Cholesterol: 161.67mg (53.89%), Sodium: 959.19mg (41.7%), Alcohol: 6.18g (100%), Alcohol %: 1.37% (100%), Protein: 31.52g (63.04%), Vitamin A: 6758.49IU (135.17%), Vitamin C: 80.04mg (97.02%), Vitamin K: 82.55µg (78.62%), Vitamin B6: 1.45mg (72.39%), Vitamin B3: 10.68mg (53.39%), Selenium: 33.35µg (47.64%), Potassium: 1599.16mg (45.69%), Phosphorus: 436.15mg (43.62%), Manganese: 0.65mg (32.42%), Fiber: 7.63g (30.51%), Vitamin B1: 0.43mg (28.62%), Vitamin B2: 0.46mg (27.03%), Magnesium: 104.94mg (26.24%), Vitamin B5: 2.47mg (24.66%), Iron: 4.12mg (22.88%), Folate: 81.25µg (20.31%), Copper: 0.4mg (20.18%), Zinc: 3.02mg (20.16%), Vitamin B12: 0.84µg (14.05%), Vitamin E: 1.73mg (11.54%), Calcium: 106.19mg (10.62%), Vitamin D: 0.64µg (4.26%)