



Chicken and Potato Napoleon with Spicy Tomato Sambal Sauce

READY IN



50 min.

SERVINGS



4

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 chicken breast halves boneless with skin
- ☐ 15 ounce canned tomatoes plain canned
- ☐ 1 sprig rosemary fresh for garnish
- ☐ 3 garlic cloves chopped
- ☐ 2 tablespoons grapeseed oil
- ☐ 2 tablespoons sambal oelek sauce
- ☐ 1 tablespoon olive oil

- ☐ 4 servings olive oil
- ☐ 4 tablespoons olive oil divided
- ☐ 1 small onion diced
- ☐ 1 small bunch parsley italian plus more for garnish chopped
- ☐ 2 teaspoons salt plus more for seasoning
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings sea salt
- ☐ 1 tablespoon sugar
- ☐ 2 tomatoes fresh diced seeded
- ☐ 6 large yukon gold potatoes

Equipment

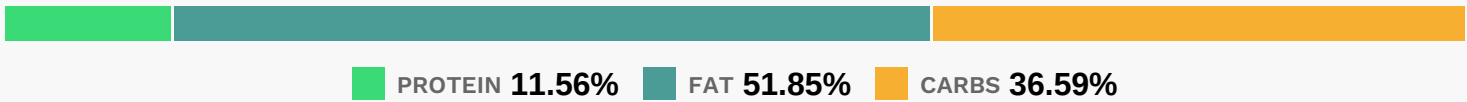
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large oven-proof saute pan over high heat, heat 2 tablespoons olive oil. Season the chicken breasts with salt and pepper, to taste, and add them to the oil. Cook for 3 minutes on each side.
- ☐ Put the saute pan in the oven and let the chicken finish cooking, about 15 minutes.
- ☐ Remove from the oven to a cutting board and allow to rest, covered, for 5 to 10 minutes.
- ☐ Tomato sauce: In a medium-sized skillet over medium heat, add the olive oil.
- ☐ Add the chopped garlic and onions and saute until softened. Stir in the tomatoes, sambal, sugar, 2 teaspoons of salt and the rosemary.

- ☐ Saute over medium heat and allow the sauce to reduce and flavors to blend together, about 8 minutes. Taste and season with salt and pepper, if needed.
- ☐ Remove the rosemary sprig and stir in chopped parsley just before serving.
- ☐ Potatoes: Fill a large saucepan 2/3's full with cold water.
- ☐ Add the potatoes and a good pinch of salt and bring to a gentle boil over medium heat. Cook the potatoes until they are just tender, about 10 minutes. Once the potatoes tender, drain them and cut them into 1/4-inch slices.
- ☐ Heat a combination of olive oil and grapeseed oil in a large skillet until it just begins to smoke.
- ☐ Add the potato slices and fry until crispy on the outside and completely tender on the inside.
- ☐ Remove the potatoes to paper towels to drain and sprinkle with sea salt.
- ☐ Arrange potato slices in a circular layer on each serving plate. Put a thin layer of tomato sauce over the potatoes, leaving a small border. Slice the chicken breasts into serving portions and arrange on top of the potato-tomato layers.
- ☐ Garnish each serving with a sprig of rosemary and fresh parsley.
- ☐ Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:110.46, Glycemic Load:38.28, Inflammation Score:-9, Nutrition Score:36.09608690635%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 689.44kcal (34.47%), Fat: 40.89g (62.9%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 64.91g (21.64%), Net Carbohydrates: 54.63g (19.87%), Sugar: 14g (15.55%), Cholesterol: 36.16mg (12.05%), Sodium: 712.21mg (30.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.5g (41%), Vitamin K: 283.87µg (270.35%), Vitamin C: 90.13mg (109.25%), Vitamin B6: 1.47mg (73.61%), Vitamin E: 8.91mg (59.4%), Potassium: 1887.7mg (53.93%), Vitamin B3: 10.58mg (52.92%), Manganese: 0.9mg (44.81%), Fiber: 10.28g (41.14%), Vitamin A: 2007.63IU (40.15%),

Phosphorus: 333.54mg (33.35%), Iron: 5.81mg (32.3%), Magnesium: 117.83mg (29.46%), Copper: 0.58mg (28.76%), Selenium: 20.04µg (28.63%), Vitamin B1: 0.37mg (24.8%), Folate: 97.06µg (24.26%), Vitamin B5: 2.03mg (20.28%), Calcium: 144.39mg (14.44%), Vitamin B2: 0.24mg (14.13%), Zinc: 1.74mg (11.58%), Vitamin B12: 0.11µg (1.88%)