



Chicken Stew with Coriander, Cilantro, and Chard



Gluten Free



Popular

READY IN



90 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 cardamom pods (or)
- ☐ 10 peppercorns black
- ☐ 1 cinnamon sticks
- ☐ 1 bay leaf
- ☐ 0.5 onion red
- ☐ 0.5 optional: lemon
- ☐ 2 kg meat from a rotisserie chicken whole cut into parts

- ☐ 9 cups water
- ☐ 1 teaspoon kosher salt plus more to taste
- ☐ 3 Tbsp butter unsalted
- ☐ 6 garlic cloves minced
- ☐ 2 Tbsp ground coriander seeds
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon ground pepper white
- ☐ 120 g cilantro leaves loosely packed roughly chopped
- ☐ 4 cups broth (you will make this in the recipe)
- ☐ 0.5 onion red finely chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 1 Tbsp juice of lemon
- ☐ 2 pounds chard
- ☐ 6 servings salt

Equipment

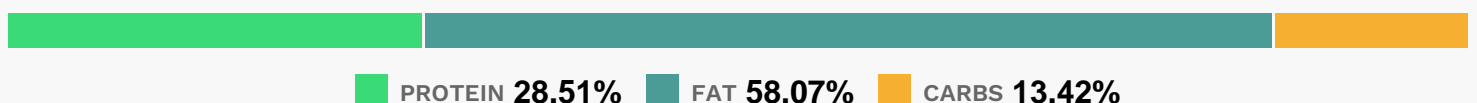
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ mortar and pestle
- ☐ chefs knife

Directions

- ☐ The Broth
- ☐ Start making the broth: If you are using cardamom pods, break them open in a mortar and pestle or with the handle of a chef's knife. Crack the black peppercorns as well.
- ☐ Put the crushed cardamom and black peppercorns, cinnamon stick, bay leaf, onion, lemon, and chicken into a large pot.

- ☐ Add 9 cups of water. Bring to a boil, then lower the heat to a simmer. Skim any any frothy scum that collects on the surface of the broth.
- ☐ Remove the chicken: After about 20 minutes, remove the chicken breast pieces and set aside.
- ☐ Once the broth has cooked for 45 minutes to an hour (the timing doesn't need to be precise), turn off the heat and remove the chicken legs and thighs from the pot.
- ☐ Strain the broth: Strain the broth through a fine-meshed strainer and reserve 4-5 cups.
- ☐ Add the salt to this both and taste.
- ☐ Add more salt to taste. Save the remaining broth for another recipe (it will freeze well).
- ☐ Remove and discard the chicken skin from the chicken parts . Strip off all the usable meat from the chicken and shred it by hand. Set it aside. Discard the bones.
- ☐ The Stew
- ☐ Heat 2 Tbsp of the butter in a large pot over medium-high heat.
- ☐ Add the garlic cloves, ground coriander, salt, white pepper and stir to make a paste. Cook for 1-2 minutes, until fragrant, stirring often.
- ☐ Add half the cilantro and cook until it wilts.
- ☐ Add the broth (four cups makes a rather dry stew, 5 cups is a little looser) heat it to a simmer and cook for 15-20 minutes.
- ☐ While the broth simmers, mix the vinegar, lemon juice and red onion together in a bowl. Set aside.
- ☐ Stir in the chard leaves a little at a time, adding more only when the previous batch has wilted.
- ☐ Add the shredded chicken and cook everything for 8-10 minutes.
- ☐ While the stew is in its final simmer, heat the last Tbsp of butter in a small pan over medium-high heat. Wilt the remaining cilantro in the butter and cook for a minute or two.
- ☐ To serve, add the cilantro and the onion mixture to the stew, mix well and add salt to taste.
- ☐ Serve with bread, rice or potatoes.

Nutrition Facts



Properties

Glycemic Index:43.42, Glycemic Load:2.9, Inflammation Score:-10, Nutrition Score:36.437391187834%

Flavonoids

Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Eriodictyol: 2.04mg, Eriodictyol: 2.04mg, Eriodictyol: 2.04mg, Eriodictyol: 2.04mg Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 4.79mg, Myricetin: 4.79mg, Myricetin: 4.79mg, Myricetin: 4.79mg Quercetin: 17.79mg, Quercetin: 17.79mg, Quercetin: 17.79mg, Quercetin: 17.79mg

Nutrients (% of daily need)

Calories: 470.66kcal (23.53%), Fat: 30.86g (47.48%), Saturated Fat: 10.65g (66.57%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 10.4g (3.78%), Sugar: 4.28g (4.76%), Cholesterol: 135.26mg (45.09%), Sodium: 2060.92mg (89.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.19%), Vitamin K: 1320.42µg (1257.54%), Vitamin A: 11338.4IU (226.77%), Manganese: 1.85mg (92.49%), Vitamin C: 62.51mg (75.77%), Vitamin B3: 11.85mg (59.24%), Magnesium: 181.18mg (45.29%), Vitamin B6: 0.82mg (40.84%), Selenium: 25.68µg (36.68%), Phosphorus: 342.1mg (34.21%), Potassium: 1102.57mg (31.5%), Iron: 5.55mg (30.83%), Vitamin E: 4.04mg (26.94%), Copper: 0.51mg (25.34%), Vitamin B2: 0.38mg (22.65%), Fiber: 5.64g (22.58%), Zinc: 3.2mg (21.35%), Vitamin B5: 1.9mg (19.03%), Calcium: 165.54mg (16.55%), Vitamin B1: 0.2mg (13.32%), Folate: 48.55µg (12.14%), Vitamin B12: 0.51µg (8.47%), Vitamin D: 0.43µg (2.84%)