

Chicken with chorizo & leeks



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 10 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 4 fennel bulb trimmed cut into wedges
- ☐ 200 g chorizo cut into chunks
- ☐ 5 leek trimmed sliced
- ☐ 6 garlic clove thinly sliced
- ☐ 2 tsp paprika smoked hot
- ☐ 150 ml sherry dry

- ☐ 750 g plum tomatoes quartered
- ☐ 1 small bunch cilantro leaves

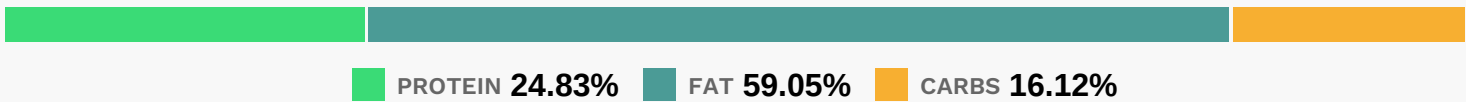
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ On the hob, heat the olive oil in a large frying pan. Season the chicken pieces, then fry, in batches, until golden brown on both sides. Lift out and set aside.
- ☐ Pour all but 3 tbsp fat from the pan, add fennel and chorizo, then cook, stirring, until the fennel is soft and lightly coloured.
- ☐ Add leeks, cook until soft.
- ☐ Add garlic and paprika, cook for 1 min more, then pour in the sherry.
- ☐ Let it bubble for 1 min, stirring well, taste, then season.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Pour the mix into 2 ovenproof dishes. Scatter tomatoes over, then arrange the chicken on top. Cover with foil, then cook for 20 mins, until the chicken is cooked through. During cooking, check and add a little water if it seems to be getting dry.
- ☐ Turn the oven up to 200C/180C fan/gas
- ☐ Uncover the chicken and season the skin with salt and pepper.
- ☐ Bake for 20–30 mins until the chicken is heated through and the skin is crisp. Rip the coriander leaves over the top and serve straight away.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:4.54, Inflammation Score:-9, Nutrition Score:22.936956504117%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 443.7kcal (22.19%), Fat: 28.52g (43.88%), Saturated Fat: 7.93g (49.56%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 12.72g (4.63%), Sugar: 7.6g (8.44%), Cholesterol: 132.3mg (44.1%), Sodium: 171.49mg (7.46%), Alcohol: 1.57g (100%), Alcohol %: 0.52% (100%), Protein: 26.99g (53.98%), Vitamin K: 93.16µg (88.73%), Vitamin A: 1933.09IU (38.66%), Vitamin B3: 7.4mg (36.99%), Selenium: 24.59µg (35.13%), Vitamin C: 27.89mg (33.8%), Vitamin B6: 0.66mg (32.85%), Phosphorus: 287.18mg (28.72%), Manganese: 0.56mg (27.83%), Potassium: 938.2mg (26.81%), Fiber: 4.8g (19.21%), Iron: 3.28mg (18.23%), Folate: 71.05µg (17.76%), Vitamin B5: 1.66mg (16.59%), Magnesium: 63.99mg (16%), Zinc: 2.32mg (15.48%), Vitamin B2: 0.25mg (14.69%), Vitamin E: 2.18mg (14.54%), Vitamin B12: 0.72µg (12.02%), Copper: 0.24mg (11.98%), Vitamin B1: 0.16mg (10.94%), Calcium: 97.32mg (9.73%)