



Chicken With Red Pepper Aioli and Shaved Fennel Salad

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bulbs fennel trimmed quartered
- 1 cup parsley fresh
- 4 cloves garlic
- 6 servings kosher salt and pepper freshly ground
- 3 tablespoons juice of lemon fresh
- 2 cups chicken broth low-sodium
- 0.3 cup mayonnaise

- 0.3 cup olive oil extra-virgin
- 2 bell peppers red
- 2.5 pounds chicken breasts boneless skinless (4 to 6 breasts)
- 2 sprigs thyme leaves

Equipment

- bowl
- baking sheet
- pot
- blender
- plastic wrap
- kitchen thermometer
- mandoline
- broiler
- stove
- slotted spoon
- tongs

Directions

- Put the chicken in a wide pot.
- Add the broth, olive oil, fennel fronds, thyme, garlic, 1 1/2 teaspoons salt and 1/2 teaspoon pepper, then add enough water to cover the chicken and turn the heat to medium low. Poach the chicken, turning occasionally and keeping the liquid just below a simmer, until just cooked through, about 30 minutes (a thermometer inserted into the center of a chicken breast should register 155 degrees F to 160 degrees F).
- Remove the chicken to a plate with a slotted spoon and let cool to room temperature. Increase the heat to medium high and simmer the cooking liquid until the garlic is tender, about 5 more minutes; remove the garlic and set aside. Strain the cooking liquid; reserve 1/4 cup and set aside. While the chicken is cooking, place the red peppers directly on a stovetop gas burner over high heat and char on all sides, turning with tongs, about 10 minutes. (If you don't have a gas stove, char the peppers on a baking sheet under the broiler, turning

occasionally, about 12 minutes.)

- Transfer to a bowl, cover with plastic wrap and set aside, 20 minutes. Peel the skin off the peppers with your fingers; discard the stems and seeds and chop.
- Make the aioli: Puree about three-quarters of the roasted red peppers in a blender with the mayonnaise, reserved garlic and 1 tablespoon lemon juice until smooth. Season with salt and pepper. Make the salad: Thinly slice the fennel bulbs (use a mandoline if you have one) and transfer to a large bowl. Finely chop the remaining roasted red peppers, then add to the bowl along with the parsley, the remaining 2 tablespoons lemon juice and the reserved 1/4 cup cooking liquid; toss. Season with salt and pepper. Slice the chicken; top with the aioli and serve with the fennel salad. Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:2.31, Inflammation Score:-9, Nutrition Score:34.395217631174%

Flavonoids

Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 461.81kcal (23.09%), Fat: 27.06g (41.64%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 7.3g (2.66%), Sugar: 5.2g (5.78%), Cholesterol: 126.18mg (42.06%), Sodium: 564.08mg (24.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.65g (87.29%), Vitamin K: 242.85µg (231.28%), Vitamin B3: 21.84mg (109.18%), Vitamin C: 79.76mg (96.68%), Selenium: 61.65µg (88.08%), Vitamin B6: 1.61mg (80.75%), Phosphorus: 482.23mg (48.22%), Vitamin A: 2270.14IU (45.4%), Potassium: 1249.38mg (35.7%), Vitamin B5: 3.08mg (30.84%), Vitamin E: 3.66mg (24.42%), Magnesium: 74.56mg (18.64%), Vitamin B2: 0.29mg (16.96%), Folate: 64.4µg (16.1%), Fiber: 3.69g (14.77%), Manganese: 0.28mg (13.96%), Iron: 2.42mg (13.43%), Vitamin B1: 0.17mg (11.07%), Zinc: 1.59mg (10.59%), Copper: 0.18mg (8.79%), Vitamin B12: 0.47µg (7.86%), Calcium: 74.05mg (7.4%), Vitamin D: 0.21µg (1.43%)