



Chilli chicken one-pot



Gluten Free



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



8

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large onion halved sliced
- ☐ 2 tbsp olive oil
- ☐ 265 g chorizo peeled sliced
- ☐ 4 bell pepper red deseeded cut into large chunks
- ☐ 800 g tomatoes chopped canned
- ☐ 2 chicken stock cube
- ☐ 0.5 tsp pepper dried
- ☐ 2 tsp oregano dried

- ☐ 16 chicken thighs boneless skinless
- ☐ 1230 g kidney beans red drained canned
- ☐ 15 g cilantro leaves chopped
- ☐ 2 avocado sliced
- ☐ 1 tablespoon juice of lime good

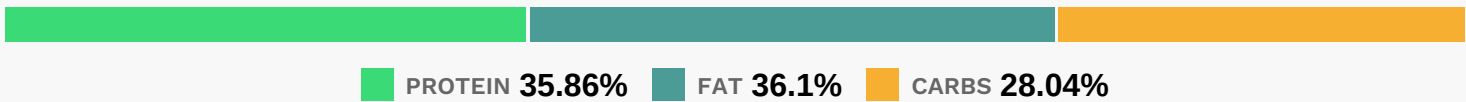
Equipment

- ☐ oven
- ☐ stove

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Fry the onions in the oil for 5 mins until they become soft and start to colour.
- ☐ Add the chorizo and fry for a few mins more. Stir in the peppers, then pour in the tomatoes, followed by a can of water, the stock cubes, chilli and oregano.
- ☐ Arrange the chicken thighs on top of the sauce, pushing them under the liquid. Bring to a simmer, cover, then cook in the oven for 40 mins.
- ☐ Add the beans, stir, then cook for 20 mins more. You can make this up to 2 days ahead and keep chilled.
- ☐ To serve, reheat on the top of the stove or in the oven at 190C/fan 170C/gas 5 for 1 hr 10 mins until piping hot. Stir in most of the coriander, toss the rest with the avocado, lime and a little salt, then pile this on top.
- ☐ Serve with Garlic & oregano bread (below) and a bag of green salad tossed with olives, cherry tomatoes and finely sliced red onion.

Nutrition Facts



Properties

Glycemic Index:29.16, Glycemic Load:10.33, Inflammation Score:-10, Nutrition Score:48.302174194999%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 19.82mg, Quercetin: 19.82mg, Quercetin: 19.82mg, Quercetin: 19.82mg

Nutrients (% of daily need)

Calories: 723.77kcal (36.19%), Fat: 29.24g (44.98%), Saturated Fat: 7.07g (44.21%), Carbohydrates: 51.1g (17.03%), Net Carbohydrates: 32.97g (11.99%), Sugar: 7.79g (8.66%), Cholesterol: 235.53mg (78.51%), Sodium: 458.83mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.34g (130.68%), Vitamin C: 100.6mg (121.93%), Vitamin B6: 1.63mg (81.47%), Vitamin B3: 15.69mg (78.44%), Selenium: 53.71µg (76.73%), Folate: 301.88µg (75.47%), Fiber: 18.13g (72.5%), Phosphorus: 721.28mg (72.13%), Vitamin A: 3114.8IU (62.3%), Manganese: 1.1mg (55.22%), Potassium: 1857.52mg (53.07%), Vitamin K: 51.85µg (49.38%), Iron: 8.1mg (45%), Vitamin B5: 4.1mg (40.96%), Magnesium: 160.23mg (40.06%), Zinc: 5.81mg (38.76%), Vitamin B1: 0.57mg (38.22%), Vitamin B2: 0.65mg (37.96%), Copper: 0.69mg (34.33%), Vitamin E: 3.67mg (24.47%), Vitamin B12: 1.45µg (24.16%), Calcium: 103.23mg (10.32%)