



Crispy and Sticky Chicken Thighs with Squashed New Potatoes and Tomatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



105 min.

SERVINGS



4

CALORIES



1170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds canned tomatoes canned
- ☐ 12 boned chicken thighs organic free-range
- ☐ 1.8 pounds new potatoes scrubbed
- ☐ 4 servings olive oil
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 bunch oregano fresh leaves picked
- ☐ 4 servings red wine vinegar

- ☐ 4 servings sea salt and pepper black freshly ground

Equipment

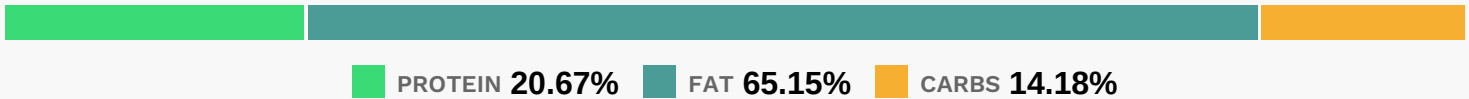
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ mortar and pestle
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Put the potatoes into a large saucepan of salted boiling water and boil until cooked.
- ☐ While the potatoes are cooking, preheat your oven to 400 degrees F.
- ☐ Cut each chicken thigh into 3 strips and place in a bowl. Rub the meat all over with olive oil and sprinkle with salt and pepper, then toss.
- ☐ Heat a large frying pan, big enough to hold all the chicken pieces snugly in 1 layer, and put the chicken into the pan, skin side down. If you don't have a pan that's big enough, feel free to cook the chicken in 2 batches. Toss and fry over a high heat for 10 minutes or so, until almost cooked, then remove with a slotted spoon to an ovenproof pan or dish.
- ☐ Prick the tomatoes with a sharp knife.
- ☐ Place them in a bowl, cover with boiling water and leave for a minute or so.
- ☐ Drain and, when cool enough to handle, pinch off their skins. You don't have to, but by doing this they will become lovely and sweet when cooked, and their intense flavor will infuse the potatoes. By now the potatoes will be cooked.
- ☐ Drain them in a colander and lightly crush them by pushing down on them with your thumb.
- ☐ Bash up most of the oregano leaves with a pinch of salt in a pestle and mortar, or a Flavor Shaker if you have one.

- ☐ Add 4 tablespoons of extra-virgin olive oil, a good splash of red wine vinegar and somepepper and give everything another bash.
- ☐ Add to the chicken with the potatoes, the tomatoes and the rest of the oregano leaves. Toss everything together carefully.
- ☐ Spread out in a single layer in an appropriately sized roasting pan, and bake for 40 minutes in the preheated oven until golden.
- ☐ Lovely served with an arugula salad dressed with some lemon juice and extra-virgin olive oil, and a nice glass of white wine.
- ☐ "Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users"

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:25.39, Inflammation Score:-8, Nutrition Score:39.444782599159%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 1170.11kcal (58.51%), Fat: 84.66g (130.24%), Saturated Fat: 19.12g (119.52%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 35.96g (13.08%), Sugar: 5.09g (5.65%), Cholesterol: 332.22mg (110.74%), Sodium: 289.57mg (12.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.44g (120.89%), Vitamin B6: 1.86mg (93.15%), Vitamin B3: 18.6mg (93.01%), Selenium: 64.71µg (92.45%), Vitamin C: 71.44mg (86.6%), Phosphorus: 689.35mg (68.94%), Potassium: 1846.13mg (52.75%), Vitamin B5: 4.22mg (42.18%), Vitamin E: 5.6mg (37.36%), Vitamin B12: 2.17µg (36.16%), Zinc: 5.02mg (33.47%), Vitamin B2: 0.54mg (31.98%), Vitamin K: 33.43µg (31.84%), Magnesium: 123.86mg (30.96%), Vitamin B1: 0.46mg (30.75%), Iron: 5.06mg (28.13%), Manganese: 0.53mg (26.71%), Copper: 0.5mg (24.85%), Fiber: 5.49g (21.96%), Vitamin A: 966.33IU (19.33%), Folate: 60.96µg (15.24%), Calcium: 71.54mg (7.15%), Vitamin D: 0.34µg (2.26%)