



Hot Pepper Chicken Under a Brick with an Orange and Poppy Seed Dressed Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons pepper rings finely chopped
- 4 servings pepper black freshly ground
- 4 large chicken legs and thighs bone in bone-in , skin on
- 4 servings top for mopping cut into slices,
- 0.5 cucumber seedless thinly sliced
- 1 tablespoon dijon mustard
- 1 Handful freshly flat-leaf parsley chopped

- 1 garlic clove cut in 1/2
- 2 tablespoons pickled pepper juice hot
- 5 tablespoons olive oil extra-virgin divided plus more, for drizzling,
- 1 tablespoon orange marmalade
- 4 plum tomatoes thinly sliced
- 1 teaspoon poppy seeds
- 1 teaspoon pepper flakes red crushed
- 2 tablespoons red wine vinegar
- 4 servings salt
- 1 bunch watercress cleaned chopped

Equipment

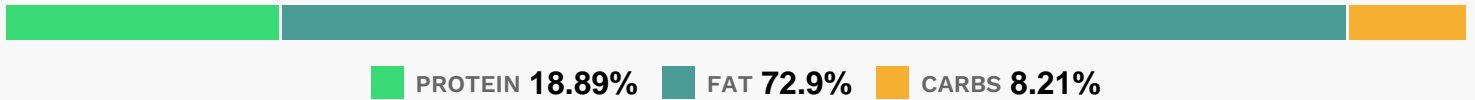
- frying pan
- whisk
- aluminum foil
- broiler
- microwave

Directions

- Season the chicken with salt and pepper.
- Combine crushed red pepper, mustard and about 2 tablespoons oil in a small dish. Slather the mixture over the skin of the chicken.
- Place chicken face down in a nonstick skillet. Set loose foil over chicken then a plate or smaller pan on top and weigh it down with a brick or heavy cans.
- Place pan over medium to medium-high heat and cook. After 18 minutes flip the chicken to get some color on the other side. Reduce the heat from medium to medium-low and cook for another 2 minutes, until cooked through.
- Remove weight, turn chicken over and sprinkle with chopped hot peppers then douse with pepper juice and top with parsley.

- While chicken cooks, transfer the marmalade to a microwaveable dish; give it a zap just to loosen it up.
- Remove from the microwave and whisk together the marmalade and poppy seeds and vinegar then stream in 3 tablespoons extra-virgin olive oil. Toss cucumbers, tomatoes and greens with the dressing and season with salt and pepper.
- Turn broiler on.
- Place bread under broiler and broil until charred or toasted.
- Remove from the broiler and rub with cut garlic, drizzle with olive oil and rub bread in the pan juices after the chicken comes out.
- Serve chicken with salad and soaked bread.

Nutrition Facts



Properties

Glycemic Index:80.56, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:16.376086914021%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 477.11kcal (23.86%), Fat: 38.78g (59.66%), Saturated Fat: 8.14g (50.86%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 8.25g (3%), Sugar: 6.17g (6.85%), Cholesterol: 119.8mg (39.93%), Sodium: 373.42mg (16.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.21%), Vitamin K: 57.34µg (54.61%), Selenium: 25.27µg (36.1%), Vitamin B3: 6.68mg (33.38%), Vitamin B6: 0.51mg (25.55%), Phosphorus: 243.64mg (24.36%), Vitamin E: 3.44mg (22.96%), Vitamin A: 1112.73IU (22.25%), Vitamin C: 14.42mg (17.48%), Potassium: 528.57mg (15.1%), Vitamin B5: 1.49mg (14.88%), Zinc: 2.22mg (14.82%), Vitamin B2: 0.23mg (13.53%), Manganese: 0.25mg (12.66%), Vitamin B12: 0.72µg (12.02%), Magnesium: 44.59mg (11.15%), Vitamin B1: 0.16mg (10.59%), Iron: 1.67mg (9.26%), Copper: 0.16mg (7.96%), Fiber: 1.59g (6.36%), Folate: 21.9µg (5.47%), Calcium: 53.04mg (5.3%)