



Italian chicken & butternut pie

READY IN



105 min.

SERVINGS



6

CALORIES



482 kcal

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 8 large chicken thigh fillets skinless quartered
- ☐ 130 g pancetta cubed
- ☐ 1 large butternut squash peeled seeded cut into 2½ cm/1in cubes (900g 2lb)
- ☐ 1 large onion thinly sliced
- ☐ 1 clove garlic thinly sliced
- ☐ 1 tsp marjoram dried
- ☐ 200 ml red wine italian well (see Goes with...)
- ☐ 1 tsp level flour plain
- ☐ 800 g plum tomatoes italian canned

- ☐ 2 tbsp cranberry jelly
- ☐ 1 loaf garlic and herb plain
- ☐ 3 tbsp parmesan freshly grated

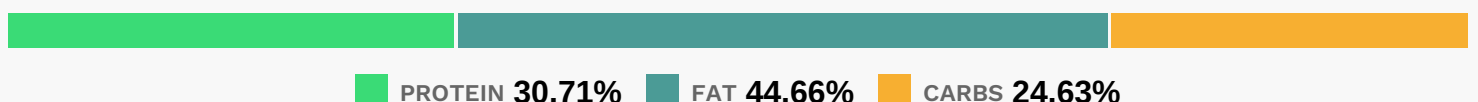
Equipment

- ☐ frying pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Heat 2 tbsp of the oil in a large flameproof casserole and cook the chicken over a medium to high heat until lightly browned. Lift out on to a plate with a slotted spoon. Tip the pancetta, squash and onion into the pan and cook over a high heat for about 8 minutes, stirring occasionally until beginning to brown. Return the chicken to the pan, add the garlic and marjoram and cook for 1 minute. Keep back 2 tbsp of the wine then pour the rest into the pan and let it bubble for 5 minutes.
- ☐ Blend the flour with the reserved wine until smooth. Stir this into the pan with the tomatoes and their juice, the jelly and some salt and pepper. Lower the heat, half-cover with a lid and simmer gently for 30-40 minutes until the squash is just tender. (To prepare ahead, cool then chill at this point up to a day before. You can also freeze it for up to a month. To serve, heat through in the casserole, then continue with step 3.)
- ☐ Preheat the oven to 220C/gas 7/fan 200C.
- ☐ Cut the ciabatta into very thin slices and arrange on top of the casserole, so they casually overlap.
- ☐ Drizzle the last tablespoon of olive oil over the ciabatta and sprinkle with the parmesan and a good grinding of black pepper.
- ☐ Bake uncovered for 15 minutes or until golden brown.
- ☐ Serve straight from the casserole.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:4.75, Inflammation Score:-10, Nutrition Score:30.286521587683%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Malvidin: 4.68mg, Malvidin: 4.68mg, Malvidin: 4.68mg, Malvidin: 4.68mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 481.66kcal (24.08%), Fat: 22.93g (35.28%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 23.8g (8.66%), Sugar: 10.79g (11.99%), Cholesterol: 159.31mg (53.1%), Sodium: 334.94mg (14.56%), Alcohol: 3.58g (100%), Alcohol %: 0.9% (100%), Protein: 35.48g (70.96%), Vitamin A: 14471.16IU (289.42%), Vitamin B3: 11.72mg (58.6%), Selenium: 40.11µg (57.3%), Vitamin C: 47.16mg (57.16%), Vitamin B6: 1.09mg (54.38%), Phosphorus: 421.27mg (42.13%), Potassium: 1258.86mg (35.97%), Manganese: 0.53mg (26.36%), Vitamin E: 3.91mg (26.09%), Vitamin B5: 2.6mg (26.05%), Vitamin B1: 0.39mg (25.92%), Magnesium: 102.89mg (25.72%), Vitamin B2: 0.37mg (21.63%), Zinc: 3.13mg (20.9%), Vitamin K: 21.4µg (20.38%), Fiber: 4.66g (18.63%), Vitamin B12: 1.1µg (18.38%), Folate: 66.67µg (16.67%), Iron: 2.94mg (16.31%), Copper: 0.29mg (14.31%), Calcium: 130.38mg (13.04%)