

Basque Chicken

2 Servings

Ingredients

- 300 g boneless skinless chicken thigh, cut into 3–4 cm pieces
- 250 g MayQueen potatoes, cut into wedges
- 120 g onion, thinly sliced
- 150 g red bell pepper, sliced
- 2 cloves garlic (6 g), minced
- 1 can (400 g) diced tomatoes, drained
- 200 ml reduced-sodium chicken broth (diluted if needed)
- 1 T / 15 g olive oil
- ½ tsp dried thyme
- ½ tsp dried oregano (substitute for savory)
- 40 g olives (pimiento-stuffed or regular green olives)
- ¼ tsp salt / 1.5 g
- ⅛ tsp MSG / 0.5 g
- Fresh thyme (optional)



Instructions

1. Heat **olive oil** in a large pot over **medium-high**.
2. Season **chicken** with half the **salt + MSG**; brown **4–5 minutes**.
3. Add **onion** and **bell pepper**; cook **3 minutes**.
4. Add **garlic**; cook **30 seconds**.
5. Add **potatoes, tomatoes, broth, thyme, oregano**, remaining **salt + MSG**.
6. **Bring to boil; reduce heat** and **simmer covered 20 minutes** until tender.
7. Stir in **olives**; adjust seasoning and serve.

Nutrition (Per Serving)

Kcal: 546 | Protein: 35 g | Fat: 26 g | Sat. Fat: 6 g | Carbs: 44 g | Sugars: 14 g |
Fiber: 9 g | Sodium: 781 mg | Omega-3: 0.1 g

Nutrition (Total Dish)

Kcal: 1091 | Protein: 69 g | Fat: 52 g | Sat. Fat: 12 g | Carbs: 88 g | Sugars: 27 g |
Fiber: 18 g | Sodium: 1563 mg | Omega-3: 0.19 g