



Pollo al Ajillo de Espania (Spanish Spicy Garlic Chicken)

Serves 12



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Ingredients

- ½ cup extra virgin olive oil, divided
- ½ tsp. sea salt
- ⅛ tsp. black pepper, ground
- 1 Tbsp. + 1 tsp. Spanish paprika
- ½ tsp. red pepper flakes
- 3 lb. chicken breast, 4 ounce, boneless, skinless
- 2 Tbsp. garlic, chopped
- 1 cup red bell pepper, diced
- 2 Tbsp. white balsamic vinegar
- 1 each lemon, zest and juice
- 20 oz. low sodium chicken broth
- 1 oz. parsley, fresh, chopped

Directions

1. In a small bowl, mix half the olive oil, salt, pepper, paprika and red pepper flakes. Place chicken in a large mixing bowl and coat with seasoned olive oil. Cover chicken and store in refrigeration overnight.
2. To prepare chicken, heat a large pan on medium high heat and add remaining olive oil. Brown each piece of chicken on both sides and cook to 165 degrees. Set chicken aside and keep warm.
3. To make garlic sauce, in the same large pan, add garlic and red peppers. Cook for one minute before adding white balsamic vinegar and lemon zest and juice. Stir and reduce the liquid by half. Add chicken stock and simmer for 1-2 minutes while stirring. Thicken the sauce with a cornstarch and water slurry to a medium thickness. Pour sauce over chicken. Garnish with parsley.

Nutritional facts per 1 serving (1 piece with sauce):

Calories 200, Total Fat 9g (15%), Saturated Fat 1.5g (8%), Cholesterol 85mg (30%), Sodium 190mg (8%), Total Carbohydrate 4g (1%), Dietary Fiber less than 1g (4%), Total Sugars less than 1g, Protein 26g