



LEMON ROSEMARY BRAISED CHICKEN THIGHS (LOW FODMAP)

 2 portions

INGREDIENTS

- 3 medium units of chicken, thigh, flesh, raw (444 g)
- 3 tablespoons of oil, olive (55 g)
- 1 unit yields of lemon juice, raw (48 g)
- 1 tsp of lemon peel, raw (2 g)
- 1 tsp of ginger root, raw (2 g)
- 20 grams of rosemary, fresh
- 1 tsp of salt, table (6 g)
- 2 cups 1/2" pieces of beans, snap, green, raw (200 g)
- 300 grams of potato, peeled, raw, not further defined

COOKING METHOD

- 1° Add all ingredients for the chicken except for the lemon slices to a zip lock bag and shake well. Seal and refrigerate to marinate for at least 20 minutes, up to 12 hours.
- 2° preheat oven to 180. Heat a large cast iron skillet over medium-high heat and add just enough oil to lightly coat the surface.
- 3° Once hot, place chicken on the surface skin-side down and sear 3 to 5 minutes, until skin is golden-brown and appears crispy. Flip to the other side and cook an additional 3 to 5 minutes. Transfer chicken to a plate and repeat for remaining chicken.
- 4° Once all chicken has been browned, transfer all of it back to the skillet including the juices from the marinade. Arrange lemon slices on top of chicken, cover the skillet with foil, Add diced potato and transfer to the preheated oven. Bake 30 to 40 minutes, until chicken is cooked through. For the last 15 minutes add on the green beans.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (421 g)	% DRI
ENERGY	122 kcal	513 kcal	26 %
FAT	8 g	34 g	52 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	31 %
CHOLESTEROL	20 mg	82 mg	27 %
SODIUM	295 mg	1242 mg	52 %
CARBOHYDRATE	7 g	30 g	10 %
SUGARS	1 g	5 g	—
FIBER	2 g	7 g	27 %
PROTEIN	6 g	25 g	—