



SPANISH CHICKEN

This is such a delicious family one-pot, which takes no time to throw together and is a perfect light casserole for any time of the year. At just around 65p per serving, it's a great budget dish too.

Serve with brown rice to soak up the juice, and your choice of vegetables. I love peas and corn, plus a green vegetable like broccoli.



Skills Check: Follow a recipe; follow food safety and hygiene rules; tidy away; use measuring spoons; use a jug to measure liquids; cut using bridge/claw technique safely; snip herbs with scissors; use a citrus squeezer/zester; use the oven (with adult supervision).

Equipment: Chopping board, knife, zester/grater, lemon squeezer (optional), measuring spoons, measuring jug, large ovenproof dish.

Allergens*: Celery (stock)

Ingredients (serves 4):

- 8 chicken thighs, skin on and bone in
- 2 large onions, thinly sliced
- 2 tsp paprika
- Zest and juice of 1 lemon
- 150ml chicken stock, reduced salt
- Parsley, roughly chopped (optional)

Method

1. Heat oven to 190C/170C fan/Gas 5.
2. Place all of the ingredients into a large, wide ovenproof dish, and mix everything together.
3. Bake for 20 minutes, before stirring and turning the chicken skin side up. Return to the oven for a further 25 minutes.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



SPANISH CHICKEN Nutrition Information



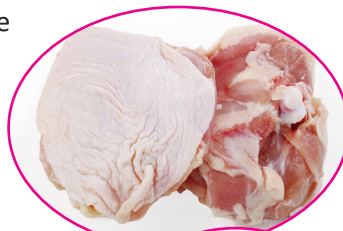
The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Spanish Chicken ...

Chicken is an excellent source of protein and B vitamins as well as a range of minerals (e.g. iron). The skin is high in fat so it's best to remove it before eating.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins, minerals and antioxidants.



Energy, sugar, fat and salt per serving

Per 342g adult serving (with skin)

ENERGY
2249kJ / 540kcal 27%

HIGH FAT
34.0g 49%

HIGH SATURATES
9.3g 47%

LOW SUGARS
7.7g 9%

LOW SALT
0.41g 7%

% of an adult's reference intake
Typical values per 100g : Energy 658kJ / 158kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.