



# Chicken and Collard Greens Stew

15'  
Hands on

35'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 1,5 kilo chicken thigh fillet
- 400 g canned tomatoes
- 1 tablespoon(s) tomato paste
- 1 onion, large, sliced
- 2 clove(s) of garlic, minced
- 500 g chicken bouillon cube
- 60 g red wine
- 4 salt-cured anchovies, finely chopped
- 2 tablespoon(s) all-purpose flour
- 2 tablespoon(s) thyme, dry
- 1 bay leaf
- 1/2 teaspoon(s) chili flakes
- 1,5 kilo curly endive
- salt
- pepper
- 2 tablespoon(s) olive oil, and some more for sautéing

## Method

Photo credit: G.

Drakopoulos

- Put the drumsticks in a [bowl](#). Season with salt and pepper, add the oil and toss.
- Place a thick bottomed, heavy [pot](#) over high heat. Allow it to get very hot.
- Add all the drumsticks if the pan is large enough. If not, add them in two batches. Do not crowd them and let them brown nicely on all sides.
- Remove, put in a bowl and set aside.
- Using the same pan, sauté the onion and tomato paste. Stir with a wooden spoon.
- Add the anchovies. Let them cook for 1 minute.
- Add the flour. Stir continuously until the flour has cooked. Add wine and cook until the liquid is reduced. Add the canned tomatoes and chicken stock (or water and chicken bouillon cube).
- Add the aromatics.
- Add the chicken. Lower the heat to medium or medium/low. Cover the pot and cook for 20 minutes.
- In a separate pot, bring a generous amount of salted water to a boil. Blanch the greens if they are bitter.
- Strain and set aside.
- When the chicken is ready, turn off heat and add the greens. Mix with a large spoon and serve.

## Διατροφικός πίνακας

Nutrition information per portion

602 Calories (kcal)	31.2 Total Fat (g)	7.2 Saturated Fat (g)	15.3 Total Carbs (g)
30%	45%	36%	6%
7.4 Sugars (g)	58.0 Protein (g)	11.5 Fibre (g)	1.5 Sodium (g)
8%	116%	46%	25%