



# CHICKEN UNDER A "BRICK"

with Baby Broccoli, Lemon, and Fingerling Potatoes



## HELLO

### CHICKEN UNDER A "BRICK"

By searing chicken under a heavy weight, you get extra-crispy, golden-brown skin.

**PREP: 10 MIN** | **TOTAL: 55 MIN** | **CALORIES: 750**



Half Chicken



White Potatoes



Lemon



Rosemary



Tuscan Heat Spice



Baby Broccoli



Red Onion



## START STRONG


Be careful when placing the pot on top of the chicken. You want to gently balance it so that its weight is distributed evenly and it stays upright.

## BUST OUT

- Large pot
- Large pan
- Paper towel
- Baking sheet
- Olive oil (5 tsp | 10 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Half Chicken 24 oz | 48 oz
- Tuscan Heat Spice  1 TBSP | 2 TBSP
- White Potatoes 12 oz | 24 oz
- Baby Broccoli 6 oz | 12 oz
- Lemon 1 | 2
- Red Onion 1 | 2
- Rosemary ¼ oz | ½ oz

## HELLO WINE



PAIR WITH  
Tornambe IGP Puglia  
Sangiovese, 2015

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## 1 PREHEAT AND PREP

Preheat oven to 450 degrees. Fill a large pot halfway with **water**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel. Season all over with **salt, pepper, and Tuscan heat spice**, then drizzle with **olive oil**. Massage with hands, rubbing seasonings into chicken skin.



## 4 ROAST VEGGIES AND CHICKEN

Place **lemon halves** toward edges of same baking sheet cut-side down. Lay **chicken** skin-side up on top of veggies in center of baking sheet. Roast in oven until no longer pink in thickest part of thigh, 30-40 minutes total (we'll be adding more items to the sheet before the chicken is done).



## 2 CRISP CHICKEN

Place **chicken** in pan skin-side down. Carefully place pot with water on top to weigh chicken down. Cook until skin is browned and crisp, 10-12 minutes. (**TIP:** If chicken browns too quickly, reduce heat to medium.)



## 5 ROAST BABY BROCCOLI

After chicken has roasted 20 minutes, toss **baby broccoli** with a drizzle of **olive oil**. Season with **salt** and **pepper**. Remove sheet from oven and add baby broccoli to same sheet. Return to oven and continue roasting until baby broccoli is tender and chicken is done. Let rest 5 minutes after removing from oven.



## 3 PREP VEGGIES

**Wash and dry all produce.** Halve **potatoes**. Trim bottom inch from **baby broccoli**. Halve **lemon**. Halve and peel **onion**, then cut into ¾-inch-thick wedges. Pick **rosemary** leaves until you have 2 TBSP; discard stems. Toss potatoes, onion, rosemary, and a large drizzle of **olive oil** on a baking sheet. Season with **salt** and **pepper**.



## 6 CARVE AND SERVE

Insert a knife between **chicken** thigh and breast, pulling leg away to separate into two pieces. If you would like everyone to have both dark and white meat, cut between drumstick and thigh, then divide breast in half. Divide **veggies** and chicken between plates. Drizzle with juice from roasted **lemon**.

## VICTORY!

Roasted chicken dinner?  
Sounds like a winner.

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