

# Chicken “Under a Brick”

*with Spring Vegetable Quinoa & Rhubarb Compote*

Centuries of delicious home cooking in Tuscany uncovered a culinary secret: larger cuts of pan-cooked chicken benefit from some extra downward pressure on the stove. Local chefs began wrapping bricks in foil and laying them atop the meat to press it down into the hot pan. (Here, we’re using a water-filled pot instead of a brick, but it works just as well!) The added weight ensures that the chicken’s skin crisps up remarkably—turning a crackling, golden brown—while its interior comes out juicy and tender. The result is similar to that of a roast, only faster!



## Ingredients

- 2 Chicken Halves
- 1¼ Cups White Quinoa
- 1 Bunch Asparagus
- 1 Lemon
- 1 Red Onion
- 1 Stalk Rhubarb
- ¼ Pound Spinach
- 1 Bunch Mint

## Knick Knacks

- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Sliced Almonds
- 2 Tablespoons Sugar

Makes 4 Servings

About 685 Calories Per Serving

Cooking Time: 35 to 45 minutes





1



### Cook the chicken:

Pat the **chicken halves** dry with paper towels; season with salt and pepper on all sides. In a large pan (nonstick, if you have one), heat **2 tablespoons** of olive oil on medium until hot. Add the seasoned chicken halves, skin sides down; loosely cover the pan with foil. Fill a large, heavy pot halfway with water; place the pot on top of the foil to press the chicken down. Cook, occasionally pressing the pot down, 28 to 32 minutes, or until the skins are browned and crispy. Remove the pot. Flip the chicken and cook 5 to 7 minutes, or until cooked through. Transfer to a serving dish.

2



### Prepare the ingredients:

While the chicken cooks, wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Medium dice the rhubarb. Peel the onion and cut into 1-inch-wide wedges; separate the layers. Snap off and discard the tough, woody ends of the asparagus; cut the asparagus into ½-inch pieces. Quarter and deseed the lemon. Pick the mint leaves off the stems; discard the stems.

3



### Cook the quinoa:

While the chicken continues to cook, add the **quinoa** to the pot of boiling water. Cook 15 to 17 minutes, or until tender. Drain thoroughly and transfer to a bowl; set aside in a warm place. Rinse and dry the pot.

4



### Make the rhubarb compote:

In the pot used to cook the quinoa, combine the **rhubarb, vinegar, sugar** and **¼ cup of water**; season with salt and pepper. Cook on medium-high, stirring occasionally, 6 to 8 minutes, or until the rhubarb has softened and the mixture is saucy and thickened. Transfer to a serving dish. Rinse and dry the pot.

5



### Cook the vegetables:

In the pot used to make the rhubarb compote, heat 1 tablespoon of olive oil on medium-high until hot. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **asparagus**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the asparagus is bright green. Stir in the **spinach**; cook, stirring frequently, 30 seconds to 1 minute, or until the spinach is slightly wilted. Remove from heat.

6



### Finish the quinoa & serve your dish:

To the pot of cooked vegetables, add the **almonds, cooked quinoa, the juice of all 4 lemon wedges** and a drizzle of olive oil; stir to thoroughly combine and season with salt and pepper to taste. Transfer to a serving dish. Garnish the **cooked chicken** and **finished quinoa** with the **mint**. Serve with the **rhubarb compote** on the side. Enjoy!