

# Chicken Under a "Brick"

with Roasted Vegetables & Italian Dressing

PREP TIME: 10 minutes

COOK TIME: 35-45 minutes

SERVINGS: 2

Tonight's flavorful meal is based on chicken "al mattone," or "under a brick"—an Italian technique where chicken is pressed under a brick while it cooks, for crispy-skinned, extra-juicy results. For our take, we're swapping the brick for a heavy pot or pan, filled with water for more weight. We're also tossing a few unpeeled, crushed garlic cloves under our "brick," which turns them creamy and sweet—perfect for enhancing the dressing for our chicken and roasted vegetables.



## BLUE APRON WINE PAIRING:

Benziger Merlot, 2015

Order wine and view other perfect pairings at [blueapron.com](http://blueapron.com).



## Ingredients



1  
HALF CHICKEN



6  
CARROTS



3 cloves  
GARLIC



2  
YUKON GOLD  
POTATOES

### Did You Know?

*These flavorful root vegetables were originally harvested for their greens.*

## KNICK KNACKS:



1 Tbsp  
WHITE WINE  
VINEGAR



1 1/2 tsp  
ITALIAN DRESSING  
SPICE BLEND\*

\* Ground Fennel Seeds, Ground Oregano & Crushed Red Pepper Flakes



Download our iOS app or log in to [blueapron.com](http://blueapron.com) for how-to videos and supplier stories.



### 1 Cook the garlic & start the chicken:

- Preheat the oven to 450°F.
- Using the flat side of your knife, without peeling them, gently crush the **whole garlic cloves**.
- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium until hot. Add the seasoned chicken, skin side down, and crushed garlic cloves. Loosely cover the pan with aluminum foil.
- Fill a large, heavy pot halfway with water; carefully place the pot on top of the foil to press the chicken down. Cook, occasionally pressing down on the pot, 14 to 16 minutes, or until the garlic is softened and browned. Remove the pot and foil and transfer the garlic to a bowl.
- Return the foil and pot to the top of the chicken and continue to cook, without flipping, 9 to 11 minutes, or until the skin is golden brown and crispy.



### 2 Prepare the remaining ingredients:

- While the garlic and chicken cook, wash and dry the fresh produce.
- Peel the carrots and cut into 1-inch-thick pieces on an angle.
- Halve the potatoes lengthwise, then cut crosswise into ¼-inch-thick pieces.
- Place the **spice blend** in a medium bowl; stir in **2 tablespoons of warm water**.



### 3 Roast the vegetables:

- While the garlic and chicken continue to cook, place the **carrots** on 1 side of a sheet pan. Place the **potatoes** on the other side of the sheet pan. Drizzle each with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange the seasoned vegetables in a single, even layer.
- Roast 19 to 21 minutes, or until browned and tender when pierced with a fork. Remove from the oven; season with salt and pepper to taste.

### 4 Finish the chicken:

- While the vegetables roast, remove the pot and foil from the **browned chicken**.
- Flip the chicken and cook, uncovered, 6 to 8 minutes, or until cooked through. Turn off the heat.



### 5 Make the dressing:

- When cool enough to handle, using your fingers, carefully squeeze the **cooked garlic cloves** out of their skins; discard the skins and transfer the cloves to the bowl with the **spice blend mixture**.
- Add the **vinegar** and season with salt and pepper. Using the back of a fork, mash the garlic until the mixture is smooth. Slowly whisk in **2 tablespoons of olive oil** until well combined; season with salt and pepper to taste.



### 6 Plate your dish:

- Transfer the **roasted vegetables** and **finished chicken** to a serving dish. Top with **as much of the dressing as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!