

# Chicken under a “Brick”

*with Rosemary Roasted Potatoes & Broccolini*

There's nothing more warming and appetizing than the sight of a crisp, golden-skinned chicken. But roasting a whole bird can take a while! That's why we've devised a simple recipe that delivers succulent, crispy chicken in a fraction of the time. By cooking the chicken “under a brick,” or under something heavy (we used a large pot half-filled with water), you'll speed up the cooking process while keeping the same delicious, juicy texture.



## Ingredients

- 2 Chicken Halves
- 2 Pounds Fingerling Potatoes
- 3 Tablespoons Butter
- 2 Cloves Garlic
- 1 Bunch Broccolini
- 1 Lemon
- 1 Large Bunch Parsley
- 1 Bunch Rosemary

Makes 4 Servings  
About 510 Calories Per Serving  
Cooking Time: 35 to 45 minutes



For cooking tips & tablet view, visit [blueapron.com/recipes/fp2](https://blueapron.com/recipes/fp2)

Recipe #2



# Instructions

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1



## Prepare the ingredients:

Wash and dry the fresh produce. Preheat the oven to 450°F. Heat a large pot of salted water to boiling on high. Rinse and pat the chicken dry with paper towels; rest on a paper towel-lined plate, breast side down, to bring to room temperature. Peel and mince the garlic. Halve the potatoes lengthwise. Trim off the broccolini ends. Using a peeler, remove the lemon rind, avoiding the pith; mince to get 2 teaspoons of zest. Quarter the lemon; remove the seeds. Pick the rosemary and parsley off the stems. Roughly chop the parsley.

2



## Roast the potatoes:

Place the **potatoes** on a sheet pan. Add the **rosemary**, drizzle with olive oil and season with salt and pepper; toss to coat. Arrange the potatoes in a single, even layer and roast 28 to 32 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a serving dish.

3



## Cook the chicken:

While the potatoes roast, season the **chicken halves** 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, breast sides down; loosely cover with foil. Place a large, heavy pot on the foil to press the chicken down; fill the pot halfway with water. Cook, occasionally pressing the pot down, 28 to 32 minutes, or until the skins are browned and crispy. Flip the chicken and cook 5 to 7 minutes, or until cooked through. Transfer to a serving dish, leaving any browned bits (or fond) in the pan.

4



## Cook the broccolini:

While the potatoes roast and the chicken cooks, fill a medium bowl with ice water; set aside. Add the **broccolini** to the pot of boiling water. Cook 2 to 3 minutes, or until bright green and slightly tender. Thoroughly drain and transfer to the bowl of ice water. Let stand until cool, then thoroughly drain. Set aside.

5



## Make the sauce:

Heat the pan of **reserved chicken fond** on medium-high until hot. Add the **butter**, **half the parsley** and **½ cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly thickened; season with salt and pepper to taste. Transfer to a serving dish.

6



## Finish & serve your dish:

In the same pan, heat 1 teaspoon of olive oil on medium until hot. Add the **garlic** and **zest**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **broccolini** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until heated through. Transfer to a serving dish. Garnish the **chicken** with the **lemon wedges** and **remaining parsley**. Enjoy!