



## Chicken Under a Brick with Lemon, Rosemary, Marjoram, and Roasted Vegetables

Prep Time: 20-40 minutes    Calories Per Serving: 620  
Cook Time: 25-35 minutes    Serves: 2 people

*Al mattone*, or "under a brick" in Italian, is a preparation of poultry that is, well, literally cooked underneath a brick. Weighted down (in this case with a heavy pan), meat is pressed into the heat source, yielding extra crisp skin. This technique works well for anything from butterflied whole birds to chicken legs, as in this recipe.

USDA recommends cooking chicken to 165° F.





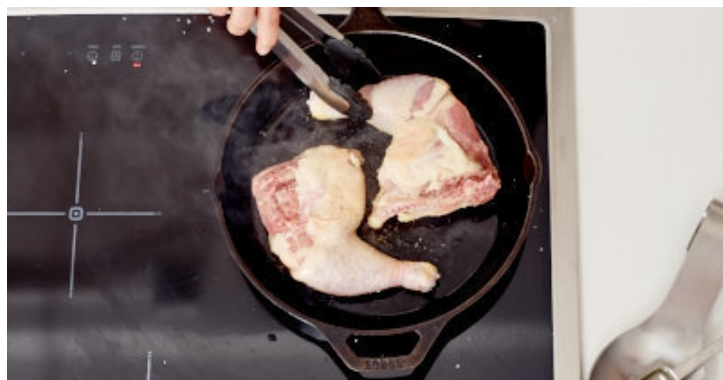
## 1. Prepare Ingredients

Preheat oven to 450°F. Zest **lemon** and halve. Finely chop **rosemary** and **marjoram** leaves, discarding stems. Halve **shallot**, peel, and thinly slice. Lightly smash **garlic** using the flat side of a knife. Rinse **potatoes** and cut into 1-inch pieces. Rinse **carrots**, trim and discard green tops, and cut into 1-inch pieces. Rinse **chicken** and pat dry with paper towel.



## 4. Roast Chicken

Add **sauce** to pan with chicken and place a heavy ovenproof pan or dish on top to weight down. Transfer to oven and roast until golden and cooked through, 18-20 minutes. Remove pan and turn oven to broil. Remove weight, flip **chicken** skin-side up, and broil, uncovered, until skin is crispy, 1-2 minutes.



## 2. Brown Chicken

Heat **1 tablespoon olive oil** in a medium ovenproof pan over medium-high heat. Season chicken all over with **salt** and **pepper**. When oil is shimmering, add **chicken** skin-side down and cook without moving until skin is beginning to brown, about 4 minutes.



## 5. Roast Vegetables

While chicken roasts, on a baking sheet, toss **potatoes** and **carrots** with **1 tablespoon olive oil, salt, and pepper**. Roast until golden and tender, about 20 minutes. Remove from oven and taste and add more **salt** as needed.






## 3. Make Sauce

While chicken browns, in a small bowl, whisk together **white wine, zest and juice of 1 lemon, rosemary, marjoram, shallot, garlic, and 1 tablespoon olive oil**. Season with **salt** and **pepper**.



## 6. Plate Chicken

Divide **vegetables** evenly between 2 plates. Carefully remove **chicken** from pan using a spatula, keeping crispy skin intact. Place on top of vegetables and pour over **sauce** from pan. Serve hot.

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## Q- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

Rinse chicken and pat dry with paper towel. A slight odor is a natural reaction to vacuum packing.

Your heavy pan should be the same size as or smaller than the pan containing the chicken so it can truly weight it down.

Check for doneness by sliding a small knife into the meat, away from the bone; if the juices run clear rather than pink, it's cooked through.

## Q- INGREDIENTS

- 1 lemon
- 1 sprig rosemary
- 1 sprig marjoram
- 1 shallot
- 4 cloves garlic
- 12 ounces red potatoes
- 12 ounces rainbow carrots
- 2 chicken legs
- 2 tablespoons white wine

## 🔪- YOU'LL NEED

- medium ovenproof pan
- heavy ovenproof pan or dish
- baking sheet
- 3 tablespoons olive oil
- kosher salt
- black pepper

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