



Asian Rotisserie Chicken with Caramelized Bok Choy and Eggplant



Gluten Free



Dairy Free



Low Fod Map

READY IN



465 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon five spice powder
- ☐ 1 pound baby bok choy dried rinsed halved lengthwise
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 pound baby eggplant chinese ends trimmed quartered
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons oyster sauce

- ☐ 0.5 teaspoon pepper red
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 4 pound chicken whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ cutting board
- ☐ kitchen twine

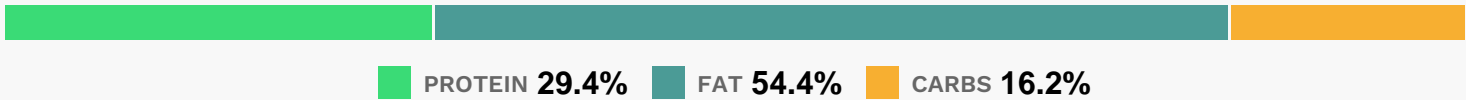
Directions

- ☐ Place the salt and five-spice in a small bowl and stir to combine; set aside. Have 2 lengths of butcher's twine ready, one 15 inches long and one 30 inches long.
- ☐ Place the chicken on a work surface or cutting board, remove the neck and giblets from the cavity, and discard them.
- ☐ Cut off and discard any extra fat and skin hanging around the cavity. Pat the outside of the chicken dry with paper towels. Using your hands, rub all of the spice mixture evenly over the outside and inside of the chicken. Wind the shorter length of twine around each leg once and then tie the ends tightly together. Wrap the longer piece of twine around the circumference of the chicken over the wings and tie it tightly. Trim off any excess twine.
- ☐ Remove the rotisserie center rod (spit) and fork prongs from an outdoor gas grill with a rotisserie attachment. Turn on the rotisserie burner, turn on the left and right grill burners to medium (leave the middle burner off), and let the grill heat to medium (about 350°F to 450°F). Meanwhile, load the chicken onto the spit and prepare the vegetables. Slide 1 pronged fork onto the spit with the tines facing inward, setting it about 10 inches from the end of the spit, and tighten the fork halfway. Slide the spit through the cavity of the chicken lengthwise and

push the chicken onto the fork tines until it's firmly embedded. Attach the other pronged fork with the tines facing inward and slide it down until it's firmly embedded in the chicken. If necessary, adjust the forks and chicken so that they are centered on the spit. Tighten both forks into place; set aside. Line a rimmed baking sheet with aluminum foil.

- ☐
- Place the bok choy and eggplant on the baking sheet, drizzle with the oil, season with salt and pepper, and toss to combine. Turn the vegetables cut-side down on the baking sheet; set aside. When the grill is ready, load the pointed end of the spit onto the rotisserie motor.
- ☐
- Place the sheet of vegetables directly on the grill grates underneath the chicken. Turn on the rotisserie motor, cover the grill, and cook for 30 minutes. Flip the vegetables and brush them and the chicken with the reserved glaze. Cover and continue to cook, flipping the vegetables and brushing them and the chicken with the glaze every 10 minutes (use all of the glaze), until an instant-read thermometer inserted into the inner thigh of the chicken (but not touching the bone) registers 165°F, about 30 minutes total. Turn off the rotisserie motor, rotisserie burner, and grill burners. Using potholders or kitchen towels, carefully remove the spit to a cutting board and loosen the forks.
- ☐
- Remove the chicken from the spit and remove the forks. Tent the chicken loosely with aluminum foil and let it rest for at least 10 minutes.
- ☐
- Remove the tray of vegetables from the grill and cover with aluminum foil.
- ☐
- Cut and discard the twine from the chicken. Carve the bird and serve with the vegetables and rice.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.09, Inflammation Score:-10, Nutrition Score:27.422608727994%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 607.99kcal (30.4%), Fat: 36.51g (56.17%), Saturated Fat: 9.96g (62.22%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 19.65g (7.15%), Sugar: 18.72g (20.8%), Cholesterol: 163.29mg (54.43%), Sodium: 1429.99mg (62.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.39g (88.77%), Vitamin A: 5452.56IU (109.05%), Vitamin B3: 16.26mg (81.31%), Vitamin C: 57.07mg (69.18%), Selenium: 32.43µg (46.33%), Vitamin B6: 0.9mg

(44.93%), Phosphorus: 369.36mg (36.94%), Vitamin B5: 2.38mg (23.76%), Potassium: 732.79mg (20.94%), Zinc: 3.13mg (20.86%), Manganese: 0.41mg (20.43%), Iron: 3.62mg (20.11%), Vitamin B2: 0.34mg (19.89%), Fiber: 4.82g (19.28%), Calcium: 178.89mg (17.89%), Magnesium: 67.39mg (16.85%), Vitamin K: 13.92µg (13.25%), Vitamin B1: 0.19mg (12.35%), Copper: 0.24mg (12.03%), Vitamin B12: 0.71µg (11.86%), Folate: 42.04µg (10.51%), Vitamin E: 1.37mg (9.12%), Vitamin D: 0.44µg (2.9%)