



Chicken Under a Brick with Avocados and Chiles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 avocado pitted halved
- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 0.3 teaspoon ground pepper
- ☐ 3.5 pound chicken
- ☐ 0.3 teaspoon chili powder
- ☐ 1 cup basil fresh
- ☐ 3 tablespoons rosemary leaves fresh

- ☐ 2 garlic clove sliced
- ☐ 1 tablespoon kosher salt plus more
- ☐ 2 tablespoons lemon zest finely grated
- ☐ 4 tablespoons olive oil divided
- ☐ 1 large poblano pepper fresh seeded quartered
- ☐ 1 large bell pepper red seeded quartered
- ☐ 1 onion red cut into 1/2" slices
- ☐ 0.3 cup red wine vinegar ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ tongs

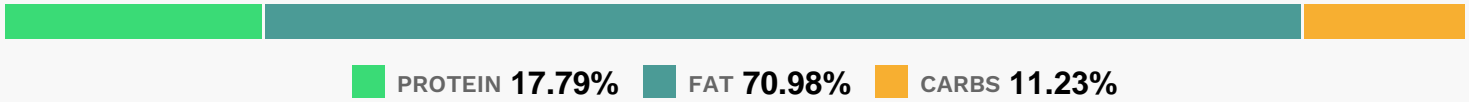
Directions

- ☐ Open chicken and place on a work surface, skin side up. Using your palms, firmly press on breastbone to flatten the breast. Season chicken all over with 1 tablespoon salt, 1/2 teaspoon black pepper, and cayenne.
- ☐ Place in a baking dish; rub with 1 tablespoon oil, sprinkle with lemon zest, and scatter rosemary over.
- ☐ Let stand at room temperature for 1 hour.
- ☐ Build a medium-low fire in a charcoal grill, or heat a gas grill to medium.
- ☐ Place chicken, skin side down, on grill and place a brick or heavy skillet on top of chicken to weigh it down. (This will expose more skin to direct heat, making it crispy; the chicken will also cook faster.) Cook until skin is crispy and golden brown, about 15 minutes.
- ☐ Using tongs, set brick aside. Turn chicken, cover grill, and cook for 10 more minutes. Continue cooking and turning chicken every 10 minutes, covering grill between turns, until an instant-

read thermometer inserted into the thickest part of the thigh registers 165°F, about 50 minutes total.

- ☐ Transfer to a carving board; let chicken rest for 10–20 minutes. (Resting will make for juicier meat.)
- ☐ While chicken rests, add more coals to fire if necessary to increase heat to medium, or heat gas grill to medium–high. Season chile, bell pepper, and onion with salt and pepper. Grill (or use a grill basket) over medium heat, turning occasionally, until softened and charred in spots, about 12 minutes.
- ☐ Transfer onion to a medium bowl.
- ☐ Transfer chiles and peppers to a work surface and cut lengthwise into 1" slices.
- ☐ Add to bowl with onion.
- ☐ Add 1/4 cup vinegar to vegetables and toss to coat.
- ☐ Heat 2 tablespoons oil in a small skillet over medium–low heat.
- ☐ Add garlic and cook until soft but not browned, about 4 minutes.
- ☐ Add basil and stir to wilt.
- ☐ Add basil mixture to bowl with onion. Season vegetables to taste with salt and more vinegar, if desired.
- ☐ Rub cut side of avocados with remaining 1 tablespoon oil, season with salt, and sprinkle with chili powder. Grill, cut side down, until avocado is gently warmed and flesh is golden brown, about 3 minutes.
- ☐ Serve chicken with vegetables and avocados.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:1.45, Inflammation Score:-8, Nutrition Score:21.415217192277%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Naringenin: 0.19mg, Naringenin:

0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 448.01kcal (22.4%), Fat: 36.32g (55.88%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 4.79g (1.74%), Sugar: 2.69g (2.99%), Cholesterol: 71.44mg (23.81%), Sodium: 950.09mg (41.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.96%), Vitamin C: 58.27mg (70.63%), Vitamin B3: 8.6mg (43.01%), Vitamin K: 42.11µg (40.1%), Vitamin B6: 0.74mg (36.8%), Fiber: 8.15g (32.58%), Folate: 104.39µg (26.1%), Vitamin E: 3.85mg (25.66%), Vitamin A: 1224.28IU (24.49%), Vitamin B5: 2.39mg (23.89%), Potassium: 793.23mg (22.66%), Phosphorus: 210.37mg (21.04%), Selenium: 14.36µg (20.52%), Vitamin B2: 0.28mg (16.39%), Manganese: 0.3mg (15.23%), Magnesium: 57.82mg (14.45%), Copper: 0.28mg (14.02%), Zinc: 2.05mg (13.64%), Vitamin B1: 0.16mg (10.52%), Iron: 1.87mg (10.41%), Vitamin B12: 0.3µg (4.92%), Calcium: 42.15mg (4.22%), Vitamin D: 0.19µg (1.27%)