



Middle Eastern Garlic Roasted Chicken with Green Harissa and Flatbread

READY IN



175 min.

SERVINGS



4

CALORIES



1031 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter melted softened for serving
- 1 chile pepper fresh seeded finely chopped
- 2 jalapeño chile peppers seeded chopped
- 0.3 cup evo
- 0.3 cup evo
- 1 cup cilantro leaves fresh
- 2 sprigs rosemary fresh finely chopped
- 2 tablespoons thyme leaves fresh finely chopped

- 1 clove garlic
- 1 tablespoon ground cumin
- 1 teaspoon ground cumin
- 2 tablespoons ground sumac
- 0.5 juice of lemon
- 1 juice of lemon
- 1 teaspoon kosher salt
- 4 servings kosher salt and pepper freshly ground
- 4 servings naan bread for serving
- 1 tablespoon oregano fresh finely chopped
- 1 teaspoon coarse pepper black
- 2 heads roasted garlic
- 2 tablespoons sesame seed toasted
- 1 small bunch spinach from the farmer's market stemmed chopped
- 4 pounds meat from a rotisserie chicken whole with backbone removed; ask your butcher to do this for you)

Equipment

- food processor
- frying pan
- oven
- baking pan
- grill
- aluminum foil
- grill pan

Directions

- Cook's Note: To roast garlic, cut off the top third of each garlic head, drizzle with EVOO and wrap in foil. Roast in a 400 degree F oven until tender.

- Squeeze the roasted garlic from the skins and combine with the softened butter, EVOO, rosemary, chile and lemon zest. Loosen the skin all over the chicken, then rub the garlic mixture onto the meat under the skin.
- Sprinkle the skin with salt and pepper.
- Put the chicken in a baking dish, cover and let stand for 1 hour.
- Preheat the oven to 325 degrees F.
- Sprinkle the chicken with two-thirds of the Za'atar Spice Blend and roast for 1 hour 15 minutes. Raise the oven temperature to 500 degrees F and roast for 15 minutes more to crisp the skin.
- Let the chicken rest until cooled, then cut it into quarters.
- Meanwhile, heat a griddle or grill pan and grill the naan until warm.
- Brush with melted butter and cut in half.
- Divide the chicken quarters among plates and sprinkle with the remaining Za'atar Spice Blend and the lemon juice.
- Serve with the naan and Green Harissa.
- Combine the sesame seeds, sumac, thyme, cumin, oregano, salt and pepper. Store in an airtight container until ready to use. Cook's Note: The spice blend is great on chicken, beef, lamb, eggplant and anything grilled. You can make extra and store it for weeks. Sumac is available in larger markets and Middle Eastern markets.
- Puree the cilantro, EVOO, cumin, chile peppers, garlic, spinach and lemon juice in a food processor until fairly smooth. Season with salt and pepper. Refrigerate or serve immediately.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:43.319130296293%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg Kaempferol: 5.46mg, Kaempferol: 5.46mg, Kaempferol: 5.46mg, Kaempferol: 5.46mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg

Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 1030.61kcal (51.53%), Fat: 81.18g (124.9%), Saturated Fat: 21.86g (136.62%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 23.95g (8.71%), Sugar: 2.82g (3.13%), Cholesterol: 195.87mg (65.29%), Sodium: 1307.32mg (56.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.26g (96.52%), Vitamin K: 457.98µg (436.17%), Vitamin A: 9297.11IU (185.94%), Vitamin C: 67.67mg (82.02%), Vitamin B3: 16.22mg (81.08%), Manganese: 1.45mg (72.53%), Vitamin B6: 1.28mg (63.78%), Vitamin E: 8.01mg (53.38%), Selenium: 36.13µg (51.62%), Folate: 196.79µg (49.2%), Iron: 7.94mg (44.14%), Phosphorus: 438.63mg (43.86%), Magnesium: 151.27mg (37.82%), Potassium: 1133.32mg (32.38%), Vitamin B2: 0.51mg (29.77%), Zinc: 4.06mg (27.08%), Calcium: 258.54mg (25.85%), Copper: 0.5mg (25.15%), Vitamin B5: 2.26mg (22.57%), Fiber: 5.02g (20.09%), Vitamin B1: 0.29mg (19.47%), Vitamin B12: 0.7µg (11.65%), Vitamin D: 0.44µg (2.9%)