



Rosemary and Mustard Chicken with Vegetable Bolognese

 **Gluten Free**

READY IN



180 min.

SERVINGS



6

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium carrots coarsely chopped
- 4.5 pound meat from a rotisserie chicken dry rinsed
- 1 tablespoon dijon mustard
- 1 ounce porcini mushrooms dried
- 0.5 cup cooking wine dry red such as merlot or cabernet sauvignon
- 1 tablespoons rosemary leaves fresh chopped
- 1 tablespoon thyme leaves fresh chopped

- 2 cloves garlic smashed
- 2 teaspoons herbs de provence
- 6 servings kosher salt and pepper freshly ground
- 1.5 cups chicken broth low-sodium
- 0.5 cup mascarpone cheese at room temperature
- 6 ounces mushrooms such as shiitake, cremini and/or button (1 1/2 cups), stemmed and chopped assorted
- 0.3 cup olive oil extra-virgin
- 1 medium onion coarsely chopped
- 1 tablespoon oregano fresh chopped
- 1 bell pepper red stemmed coarsely chopped
- 2 tablespoons tomato paste
- 0.5 cup butter unsalted at room temperature

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- dutch oven
- kitchen twine

Directions

- For the chicken: Position a rack in the center of the oven and preheat the oven to 400 degrees F.

- In a small bowl, mash together the butter, chopped rosemary, mustard, herbes de Provence, 1 1/2 teaspoon salt and 1/2 teaspoon pepper with a fork until smooth.
- Place the chicken, breast-side up, on a rack in a large roasting pan. Using your fingers, spread half of the butter mixture under the chicken skin.
- Spread the remaining butter mixture over the exterior of the chicken and in the cavity.
- Sprinkle the cavity liberally with salt and pepper and place the rosemary sprig inside. Tie the chicken legs together with kitchen twine. Roast until a meat thermometer inserted into the thickest part of the thigh registers 160 degrees F, about 1 hour 15 minutes.
- Let the chicken rest for 15 minutes.
- Place the dried porcini mushrooms and the hot chicken broth in a small bowl and let soak until the mushrooms are softened, about 20 minutes. Strain the mushrooms and reserve the broth.
- In a food processor, combine the carrots, onions, bell peppers and garlic. Pulse until the vegetables are finely chopped. In a Dutch oven or large saucepan, heat the olive oil over medium-high heat.
- Add the chopped vegetables, oregano, thyme, 2 teaspoons salt and 1 teaspoon pepper. Cook until slightly softened, about 6 minutes.
- Add the porcini and fresh mushrooms, and cook until softened, about 5 minutes.
- Add the wine and cook, stirring frequently, until most of the liquid has evaporated, about 5 minutes.
- Add the reserved porcini broth and tomato paste and stir until dissolved. Bring the mixture to a boil, then reduce the heat to low and simmer until the liquid has reduced by half and the vegetables are tender, about 25 minutes.
- Remove the pan from the heat and stir in the mascarpone cheese until smooth. Season with salt and pepper.
- Cut the chicken into thin slices and arrange on a platter. Spoon the sauce over the chicken and serve.

Nutrition Facts

PROTEIN 19.73% **FAT 72.73%** **CARBS 7.54%**

Properties

Glycemic Index:49.14, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:26.396087003791%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 729.87kcal (36.49%), Fat: 58.21g (89.55%), Saturated Fat: 23.45g (146.58%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 10.41g (3.79%), Sugar: 4.06g (4.51%), Cholesterol: 181.89mg (60.63%), Sodium: 426.34mg (18.54%), Alcohol: 2.1g (100%), Alcohol %: 0.68% (100%), Protein: 35.54g (71.07%), Vitamin A: 5157.29IU (103.15%), Vitamin B3: 14.29mg (71.46%), Selenium: 29.98µg (42.83%), Vitamin C: 34.93mg (42.34%), Vitamin B6: 0.8mg (40.11%), Phosphorus: 330.16mg (33.02%), Vitamin B5: 3.14mg (31.42%), Vitamin B2: 0.45mg (26.49%), Copper: 0.51mg (25.27%), Vitamin K: 24.48µg (23.31%), Potassium: 744.73mg (21.28%), Vitamin E: 3.09mg (20.63%), Zinc: 2.98mg (19.89%), Iron: 3.22mg (17.87%), Manganese: 0.31mg (15.52%), Magnesium: 57.92mg (14.48%), Fiber: 3.16g (12.64%), Vitamin B1: 0.18mg (12.16%), Folate: 43.98µg (10.99%), Vitamin B12: 0.61µg (10.15%), Calcium: 95.7mg (9.57%), Vitamin D: 0.85µg (5.68%)