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## Spatchcock chicken with brussel sprouts

I love this recipe from “Struggle Meals” : Lemon and Herb Spatchcock Chicken with Brussel Sprouts. This was the first time I’ve ever spatchcocked a chicken, and it was so easy and resulted in a perfectly roasted, crispy chicken. I’m going to do it this way all the time from now on. The brussel sprouts also came out nicely crispy and flavorful.

Ingredients For the chicken: 1 lemon, thinly sliced 3 garlic cloves, peeled and smashed 10 fresh thyme sprigs 3 ½ to 4-pound chicken 3 tablespoons butter, room temperature Kosher salt Fresh ground black pepper For the Brussel sprouts: ¾ pound small Brussel sprouts 2 tablespoons butter, melted Steps Preheat oven to 425 degrees. On a baking sheet tray, place all lemon slices, while reserving 2 slices. Top with garlic cloves and several sprigs of thyme. Set aside. On a cutting board, add chicken breast side down. With a knife, cut out the backbone of the chicken. (I just cook the backbone with the rest of the chicken.) Next, flip chicken over, breast side up. Press firmly on breastbone to flatten. Salt and pepper the underside of the chicken. Next, on the baking sheet with the lemons, take the chicken and place breast side down on top of lemon slices. Rub chicken with butter over and under the skin. Season with more salt and pepper, all over. Slide 1 lemon slice under skin on each breast. Place remaining thyme sprigs on top of chicken. Arrange Brussel sprouts on each side of the chicken. Drizzle with melted butter and sprinkle with more salt and pepper. Roast for 45 to 55 minutes or more. Brussel sprouts should be nice and crispy. Let rest 10 minutes, before slicing. Slice chicken and plate. Add Brussel sprouts with lemon slices and spoon on top a bit of juice from the baking tray. Enjoy! Here’s how it turned out for me the first time. Spatchcock Chicken Dinner We’re including a couple of side dishes with this recipe, so you can make a whole dinner! So, what is Spatchcock Chicken, you ask? Spatchcocking is a really simple method for butterflying a whole chicken, helping it to roast or grill evenly. Basically, you take a pair of poultry shears, or hefty kitchen shears, and cut the backbone out. (This is easier to imagine if you watch our video, or search it on YouTube.) We’re roasting our chicken in this recipe, but Louisa will give you grilling instructions as well. In addition to the chicken, we’ll be making Hasselback Potatoes and Sauteed Brussels Sprouts.

Spatchcock Chicken 3.5-5 # Chicken 1 Tbsp Brown Sugar 1 Tbsp Salt 1 Tbsp Paprika 1 Tbsp Garlic Powder 1 tsp Ground Black Pepper With a pair of poultry shears, cut down each side of the spine, starting from the tail. You should be able to easily cut through the ribs. Stay as close to the spine as possible. Turn the chicken onto its skin side, and with a sharp knife make a small slit in the cartilage just in front of the sternum and pop the sternum up. This will enable you to flatten the chicken. Place the chicken on a roasting pan, and rub all over (both sides) with the spice mix. Roast skin-side up at 450°F for 40 minutes, or until the meat comes to 165°F and the juices run clear. Remove from heat and cover with foil until ready to serve. (To grill, start with a hot grill, and place the chicken skin side down for about 5 minutes. Turn the grill to medium, about 350°F for another 40-45 minutes. Chicken is done when the internal temp reaches 165°F and juices run clear.) Hasselback Potatoes 4 ea Russet Potatoes, wash and leave skin on 2-3 Tbsp Olive Oil 2 Tbsp Melted Butter Flaked Sea Salt Fresh Parsley (chopped, for garnish) Slice the potatoes in ? - ¼” slices WITHOUT cutting all the way through - you want the potato to stay whole. Place on a baking sheet lined with a silicone sheet or foil. Brush with oil and sprinkle with sea salt. Bake at 450°F for 55-60 minutes, or until golden and crispy. Remove from the oven, brush with melted butter and sprinkle with parsley. Saut ed Brussels Sprouts with Balsamic Vinegar 4 C Brussels Sprouts, stem and “old” leaves removed 1 Tbsp Butter (or Olive Oil) 1 ea Small Yellow Onion, diced small 1-2 cloves Garlic, minced ¼ # Pancetta, chopped ½ C Balsamic Vinegar Cut the sprouts in half. Melt the butter with the onions, garlic and pancetta, and saut  until the onions begin to look translucent. Add the sprouts and Balsamic vinegar and saut  for 10-15 minutes on medium heat, stirring occasionally. TIMING Start with your potatoes, and get them in the oven with a timer on for 15 minutes. Prepare the chicken, and place in the oven when the timer goes, and reset the timer for 40 minutes. When there are about 10 minutes left on the timer, start the sprouts. When the timer goes, test the chicken temp for 165°F, and check the potatoes. Leave them in another 5-8 minutes as needed. Take chicken and/or potatoes out of the oven and set aside until the sprouts are done. (Cover the chicken with foil and let sit for several minutes before cutting.) Serve and enjoy! This spatchcock chicken and vegetable sheet pan dinner is incredible and a great easy recipe. Succulent chicken is roasted with tender carrots, new potatoes, and Brussels sprouts that are coated in a tangy Italian dressing. This delightful and quick supper recipe gives you perfectly cooked chicken in less than an hour. Ever get a craving for chicken cooked to perfection that has crispy skin, but tender meat? This spatchcock chicken sheet pan is great for dinner as it’s made with just one pan! Talk about an easy clean-up. I love sheet pan dinners. Simply arrange or dump all of the ingredients on a baking sheet, then just, poof, dinner is ready. It’s astounding, truly. This spatchcock chicken sheet pan recipe brings me back to my roasted salmon sheet pan with potatoes: an easy way to squeeze in some veggies and protein! The giveaway in today’s post is sponsored by Thermoworks. The opinions here are all mine. This easy spatchcock chicken recipe will give you the juicy chicken you’ve been craving. Not only is this chicken tender and soft to bite into, but the skin is extra crispy which pairs perfectly with the soft center. If you’re looking for more roasted chicken recipes, then you’ll love my oven baked chicken. As intimidating as it seems, spatchcocking a chicken isn’t that hard! You’ll want to cook your chicken this way if you’re looking to get chicken ready in no time for supper. What is spatchcock chicken? The term “spatchcock” was termed in the 17th century, and it is simply a method in which the preparer removes the backbone, splits the chicken down the middle, and lays it flat to cook. Not only is this method great for baking, but it’s also suitable for both grilling and smoking in the smoker. Talk about the perfect recipe for a backyard bbq! Why do you spatchcock a chicken? I spatchcock my chicken or turkey when I’m looking to have my protein cooked in about 45 minutes with incredibly crispy skin. It makes preparing dinner a breeze plus it just makes the chicken taste so good! Ingredients for Spatchcock Sheet Pan with Chicken and Vegetables Chicken- For this recipe, you will want a 4-5 pound whole chicken. You can also use a whole turkey in place of the chicken. Potatoes- I used new red potatoes, but Yukon gold potatoes would work, too. Carrots- If you can find the small heirloom variety, then this is preferred! If you can’t find the heirloom type, then just make sure you have clean carrots. Brussels sprouts- A great way to squeeze in some extra veggies, these Brussels sprouts truly compliment the tender and moist chicken and are cooked to roasted perfection. Italian dressing- Bottled is what we used, but if you don’t have any on hand, you can make your own dressing. Italian herbs- Any Italian herbs such as sage, thyme, rosemary, or parsley will work in this recipe. Fresh is best! How do you spatchcock a chicken step by step? If you’ve ever wondered how to spatchcock a chicken or turkey, then I’m here to help you with my step by step instructions plus recipe with veggies. This fool proof method has been tested and tried, and I’m here to tell you the results are worth it. First, heat your oven to 425 degrees Fahrenheit. Line a sheet pan with parchment paper. Set aside. Next, toss the vegetables in ¼ cup of dressing, then set aside. After that, rinse the whole chicken, and pat dry with a paper towel. Place the chicken breast-side down with its neck facing towards you. Using kitchen shears, cut through the ribs on both sides of the spine and remove the backbone. (Discard the backbone or reserve for stock. Stock is highly recommended!) Then, flip the chicken breast side up, and open the underside of chicken like a book. Using the heel of your hand, press firmly against the breastbone until it cracks. Brush the entire chicken with the remaining Italian dressing. Place the chicken in the center of the sheet pan. You want the chicken to lay completely flat on the sheet pan so that it cooks evenly, so make sure to press it down flat if it isn’t. Tuck wing tips under chicken so they don’t burn. Arrange vegetables around chicken on the sheet pan. Bake uncovered for 45 minutes or until a meat thermometer inserted into the thickest part of the breast registers 160°F. Remove the pan from the oven, place the chicken on a cutting board, and rest for 10 minutes before cutting into pieces. Serve chicken and vegetables with rice, rolls, cornbread, soup, or salad. Does a chicken cook faster when you spatchcock it? Because of the chicken being flat against an even surface, then chicken cooks much faster. The spatchcocked chicken rests evenly on the baking sheet in a single layer which makes it cook faster yielding succulent chicken with a crispy golden skin. Tips/Notes Make sure to tuck the wings underneath the chicken so they don’t burn. Store the leftovers in an airtight container in the refrigerator for three to four days. If you don’t have Brussels sprouts, you substitute with broccoli, cauliflower, more carrots or potatoes, or even with summer vegetables like zucchini or squash. LOVE IT? PIN IT! Don’t forget to pin this recipe to your Pinterest board to save it for later! Thermoworks I am so excited and thankful to Thermoworks for donating one of their Mk4 Instant-Read Thermometers for my Anniversary month! This Thermometer is the best I have ever owned, it’s valued at \$99 and the winner will get to choose their favorite color! An Affair from the Heart Celebrates 10 Years It’s my 10th Anniversary and I am giving out all sorts of amazing gifts! In addition to the Thermoworks gift, there are ten other gifts, including a KitchenAid mixer! You can read all about the giveaway items in this blog post, and you can enter into the contest to win there, or you can ENTER RIGHT HERE a Rafflecopter giveaway Other Easy Dinner Recipes You’ll Enjoy Let’s get cookin’! 1 (4-5 pound) whole chicken 1 pound small new red potatoes, halved ½ pound small carrots, cleaned (if you can find the small pretty heirloom ones that would be awesome!) ½ pound Brussels sprouts, halved ¼ cup bottled Italian dressing, divided (Italian herbs for garnishing?) Heat oven to 425 degrees. Line a sheet pan with parchmentpaper. Set aside. Toss the vegetables in ¼ cup of dressing, set aside. Rinse chicken, and pat dry. Place chickenbreast-side down with its neck facing towards you. Using kitchen shears cut through the ribs on both sides ofthe spine, and remove the backbone. (Discardor reserve for stock.) Flip the chicken breast sideup, and open the underside of chicken like a book. Using the heel of your hand,press firmly against breastbone until it cracks. Brush the entire chicken withthe remaining Italian dressing.Place chicken in the centerof the sheet pan. You want the chicken to lay completely flat on the sheet panso that it cooks evenly, so make sure to press it down flat if it isn’t. Tucking tips under chicken so they don’t burn. Arrange vegetables aroundchicken on the sheet pan. Bake uncoveredfor 45 minutes or until a meat thermometer inserted into the thickest part ofthe breast registers 160°F. Remove the panfrom the oven place the chicken on a cutting board and rest for 10 minutesbefore cutting into pieces. If you make this recipe, I’d love to know! Snap a picture, share the photo on social media with the hashtag #AnAffairFromTheHeart - I’d love to see what you made! - Michaela 1 3½ pound whole roasting chicken 3 tablespoons extra virgin olive oil or vegetable oil, divided salt black pepper 2½ pounds Idaho® potatoes, peeled and cut into 1” pieces 1 red onion, cut into ½” wedges ½ pound Brussels sprouts Preheat oven to 425°F. Remove giblets and neck from the cavity of the chicken. Using a large sharp knife, cut along one side of the backbone. Cut along the other side of the backbone and remove it completely. Spread chicken flat, cut side down, and press gently on the breast bone until you hear a crack. Rub both sides of the chicken with 1 tablespoon oil. Season both sides of chicken with salt and pepper. Lay chicken fat on one side of a baking sheet, cut side down. Place potato chunks in a bowl and coat with 1 tablespoon oil. Season potatoes with salt and pepper. Toss to coat evenly then transfer to baking sheet with the chicken, spreading potatoes to one layer. Roast for 20 minutes. Place red onion and Brussels sprouts in a bowl, cutting larger sprouts in half, as needed. For even roasting, the vegetables should be approximately the same size. Coat vegetables with 1 tablespoon oil and season with salt and pepper. After chicken and potatoes have roasted for 20 minutes, add Brussels sprouts and onions to the pan and return to the oven. Roast for an additional 25 minutes, or until the juices from the chicken run clear and has an internal temperature of 165°F. Note: Vary the vegetables. Instead of Brussels sprouts use mushrooms or bell peppers. My first encounter with the word “spatchcocked” was in a writing class four years ago. I had to look it up. Since then, the word has crawled all over the internet and into my local organic market and even Trader Joe’s, both of which now sell pre-seasoned spatchcocked chickens. I’d assumed only chefs spatchcocked chickens, but in fact, spatchcocking is very easy. You place a whole chicken, breast side down, on a cutting board and cut out the backbone with kitchen shears. Then you flip it over and flatten it out. It cooks faster when split and flattened. Now that I’ve been enlightened, I’ve been spatchcocking lots of chickens. I place the spatchcocked chicken in a roasting pan atop a bed of vegetables, and roast it for 45 minutes. It’s an easy, delicious meal. Juice from the chicken flavors the vegetables as they cook. Make sure you salt the chicken at least 4 hours before you plan to cook it. Salting the chicken ahead of time makes all the difference in the flavor of the meat. To make this dish, slice the Brussels sprouts in half vertically, and place them cut side down on the bottom of a Dutch oven. Then place the spatchcocked chicken on top. If you don’t have Brussels sprouts, use cut up raw cauliflower, broccoli, carrots or potatoes, or a combination of any fresh cool-weather vegetables you prefer. Frozen vegetables may work (I have not tried this), but because they’re often parboiled, they may end up overcooked. I season this dish simply with salt, pepper, garlic powder (or fresh garlic if I have it) and fresh or dried thyme. I keep fresh thyme on my front porch all summer, and bring the plant inside during the winter and use fresh thyme if the plant is still producing leaves. Otherwise, dried thyme leaves work fine. For more flavor, you can throw in extra garlic (there’s no such thing as too much fresh garlic), but don’t add extra thyme, which can overwhelm the dish. Springhouse Turtle Eats Print Recipe 1 4 pound chicken Salt Pepper 1 teaspoon garlic powder (or 2-3 cloves fresh garlic, minced) 1/2 teaspoon dried thyme leaves (or 1 teaspoon fresh) 1-2 pounds fresh Brussels sprouts (see NOTE) 1 Wash and pat dry the chicken. 2 Sprinkle the chicken inside and out with salt (about 1 tablespoon). 3 Cover and refrigerate the chicken for at least 4 hours or overnight. 4 When ready to cook, preheat oven to 425 degrees F. 5 Remove the chicken from the fridge, and place it, breast-side down, on a baking sheet. 6 Using kitchen shears, cut along each side of the backbone, and remove the backbone. 7 Flip the chicken over, and press down to flatten it. Set aside. 8 Slice the Brussels sprouts in half vertically. 9 Place the Brussels sprouts face-down in the bottom of a Dutch oven large enough to hold the chicken. 10 Sprinkle the Brussels sprouts with 3/4 teaspoon salt, 1/4 teaspoon pepper and garlic powder (or fresh garlic). 11 Place the spatchcocked chicken over the brussels sprouts. 12 Place the chicken, uncovered, in the oven, and bake at 425 degrees F for 15 minutes. 13 Cover the chicken, turn the heat down to 350 degrees F, and cook for another 30 minutes (cook it longer if your chicken is larger than 4 pounds). You may substitute any fresh, cool-weather or root vegetables you have in your fridge. Summer squash and tomatoes are too soft for this recipe, but broccoli, cauliflower, carrots, turnips, parsnips and winter squash will work well. Spatchcocking a chicken is simple. Start by placing a raw chicken, breast-side down, on a baking sheet. Using kitchen shears, cut along one side of the backbone. Cut along the other side of the backbone, and remove it. Save the backbone for use in making chicken broth. Flip the chicken over and flatten with your hands. This is a plump, 5-pound chicken so it’s still lumpy when flattened. Slice the Brussels sprouts in half vertically. Place the Brussels sprouts cut side down on the bottom of a Dutch oven or lidded pan large enough to hold the chicken. Sprinkle them with seasonings. Place the spatchcocked chicken atop the Brussels sprouts, and sprinkle seasonings over it. Roast for 15 minutes at 425 degrees F, and bake for an additional 30 minutes for a 4 pound chicken. Springhouse Turtle Eats brussels sproutschickenspatchcock

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