

# Chicken Under a Brick

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1		whole chicken
1/4	cup	extra virgin olive oil
1	teaspoon	ground coriander
1/2	teaspoon	black pepper
1	teaspoon	kosher salt
1	large	red onion - 12 wedges
1	large	sweet potato - 1 inch pieces
8	ounces	baby portabello mushrooms - halves
3	cloves	garlic - crushed
1	tablespoon	fresh oregano - chopped

Preheat oven to 400. Place the chicken breast side down on a cutting board. Using a pair of kitchen shears, cut both sides of backbone to remove it. Flip the chicken so that the breast side is up. Press down to flatten. Rub with 1 tbspn of oil and sprinkle evenly with coriander, pepper and 1/2 tspn of salt. Heat 1 tbspn oil in a 12 inch cast iron skillet over med-high heat. Place the chicken breast side down in the skillet and top with a smaller, heavy skillet. Cook until golden brown, about 5 minutes. Remove chicken to a plate.

Toss together the onion, sweet potato, mushrooms, garlic and the remaining oil and salt. Arrange in a single layer in skillet. Place chicken breast side up on the veggies. Cook about 50 minutes then sprinkle with oregano.

Description: "chicken"