

MINDFUL MEAL PREP

Serves: 6 • Serving size: 1 cup shredded chicken

35
minutes

PREP TIME: 10 mins
COOK TIME: 25 mins

Rotisserie CHICKEN

1 – 4.25lb./1.9 kg young chicken
4 garlic cloves, minced
1 tbsp. salt
½ tsp. pepper
1 tsp. paprika
3 tbsp. vinegar
4 tbsp. olive oil
2 cups water

1. In a small bowl place garlic, salt, pepper, paprika, vinegar and oil. Mix until well combined.
2. Place chicken on cutting board breast side up and using kitchen shears, cut the center connective tissue under the skin to separate it from the breast.
3. Rub spice blend under the skin and continue massaging the seasoning all around the chicken until it is fully covered in seasoning. Add remaining seasoning inside the cavity.
4. Place chicken breast side down into base of Microwave Pressure Cooker. Add water, replace cover, lock and microwave on high power for 25 minutes.
5. Check the internal temperature of the chicken has reached 165° F/75° C. Remove chicken from Microwave Pressure Cooker and place on cutting board. Remove chicken meat from bones. Save the broth to use as chicken stock.

**Note: Microwave cooking time will vary depending on the size of the chicken being used. The chicken should not exceed 5 lbs./2.3 kg.*

Nutritional Information (per serving):
Calories: 770 Total Fat: 58g Saturated Fat: 16g Cholesterol: 240mg Sodium: 1390mg
Carbohydrates: 1g Fiber: 0g Sugar: 0g Protein: 60g Vitamin D: 0% Calcium: 2% Iron: 20%
Potassium: 0%



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TO DEMO



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Measuring
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