
BRAISED CHICKEN WITH LEMONY CHICKPEAS

This simple, hearty dish owes its exceptional flavor to two key steps: marinating the chicken for 24 hours with lemon, garlic, and herbs; and cooking the chickpeas with the rich juices exuded by the chicken.

Leftovers can be easily transformed into a soup: just shred the chicken, crush half of the chickpeas with the back of a spoon, and add enough chicken stock to yield a soupy consistency.

Serves 2

FOR THE CHICKEN:

- 2 boneless and skinless chicken thighs (225 grams or 8 ounces)
- 15 milliliters (1 tablespoon) extra-virgin olive oil
- 15 milliliters (1 tablespoon) lemon juice
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon chili flakes
- 1 minced garlic clove
- 1 tablespoon minced rosemary

FOR THE CHICKPEAS:

- 30 milliliters (2 tablespoons) extra-virgin olive oil
- 45 grams (1.5 ounces) yellow onion, minced
- ¼ teaspoon chili flakes
- 1 garlic clove, minced
- 1 tablespoon minced rosemary
- 125 milliliters (½ cup) crushed canned tomatoes
- 1 can (440 grams or 15.5 ounces) chickpeas, drained and rinsed
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 125 milliliters (½ cup) water

1. Make the chicken: In a bowl, combine the chicken, olive oil, lemon juice, salt, pepper, chili flakes, garlic, and rosemary. Refrigerate 30 minutes or up to 48 hours.
2. Make the chickpeas: Place the olive oil, onion, chili flakes, garlic, and rosemary in a medium skillet that has a tight-fitting lid, but do not put on the lid.
3. Cook gently until aromatic, 5 minutes. The onion should be soft.
4. Add the tomatoes, chickpeas, salt, pepper, and water. Bring to a boil. Cook, covered, 15 minutes, or until the chickpeas soften somewhat and the sauce darkens a bit. The sauce can be made up to 2 days ahead and refrigerated.
5. Lower the chicken and its marinade in the bubbling sauce. Cook, stirring once in a while, about 20 minutes, or until the chicken is cooked through and tender. Adjust the seasoning as needed, and serve hot.