

# Spicy Saucy Chicken with Chickpeas over Noodles

Recipe By *Barbara Benssusan*



Cooking and Prep:   
1.5 h

Serves:  4

Contains:  

**Preference:** Meat

**Difficulty:** Easy

**Source:** Family Table by  
Mishpacha Magazine

My first impulse was to make something Oriental to go with the lo mein, but that seemed too cliched. In the end I decided to use the noodles like a regular side dish and make a saucy chicken to go on top. This chicken is easy to make, and is warm and savory on a cold night. ***A Food Fight, Round 1 Recipe***

## Ingredients (14)

### Main ingredients

- 3 pounds (1 and 1/2 kilograms) chicken bottoms
- 2 tablespoons olive oil
- 1 large onion, cut in strips or eighths
- 6 cloves garlic, coarsely chopped, or 6 cubes **Gefen Frozen Garlic**
- 2 dried hot shatta peppers (*optional*)
- 1 teaspoon tomato paste

- 1 teaspoon turmeric
- salt, pepper, paprika, cumin, and chili powder, to taste
- 1 (15-oz./425-g.) can **Haddar Chickpeas**, drained
- 1 and 1/2 cups water
- 2 cups frozen broccoli florets (*optional* – for a total one-pot meal)
- 1 (9-oz./225-g.) package **Gefen Lo Mein Noodles**
- 1/4 cup chopped cilantro or parsley, for garnishing

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### Sommelier Suggests

- Carmel Selected Sauvignon Blanc**
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## Start Cooking

### Cook the Chicken

1. Heat olive oil in a frying pan with high sides over medium-high heat and add the onion to saute; add the garlic and hot peppers after a few minutes. Add the tomato paste and stir to dissolve (it doesn't have to dissolve completely).
2. When the onion is at the point of browning, add the turmeric and swirl to mix with the oil. Now add the chicken pieces, browning them a few minutes on each side while sprinkling them with salt, pepper, paprika, cumin, and chili powder.

### Add the Vegetables

1. Once the chicken is browned, add the chickpeas and the water to the pan. Bring to a boil and simmer, partially covered, for at least 45 minutes, until chicken is tender and most of the liquid has evaporated. If using the broccoli, add it in at the end and simmer an additional five minutes or until cooked.

### To Serve

1. Prepare noodles according to package instructions. Mound on a plate and place the chicken on top, pouring the chickpea and chicken mixture over the noodles. Garnish with chopped

cilantro or parsley.

## **Credit**

Photography and Styling by Chavi Feldman