Lemon Oregano Chicken with Crispy Chickpeas and Flatbread

4 plates with chicken, crisp chickpeas, yogurt sauce and 1 flatbread each | Active 20 min | Cook 30 min | Total 50 min

Ingredients

- 3 cups canned chickpeas, drained and rinsed (480 g)
- 2 tablespoons olive oil (30 ml), divided equally between chickpeas and chicken
- 1 1/2 lb boneless skinless chicken breast (680 g)
- 3 tablespoons lemon juice (45 ml), divided: 2 tablespoons for chicken and 1 tablespoon for sauce
- 1 teaspoon finely grated lemon zest (2 g)
- 3 garlic cloves, finely grated (9 g), divided: 2 cloves for chicken and 1 clove for sauce
- 2 teaspoons dried oregano (2 g)
- 1/2 teaspoon fine salt (3 g), divided equally between chicken and chickpeas
- 1/2 teaspoon ground black pepper (1 g)
- 3/4 cup plus 1 tablespoon plain 2% Greek yogurt (200 g)
- 4 plain whole-wheat flatbreads (240 g total)

Set out

2 rimmed baking sheets, Clean kitchen towel, Mixing bowls, Tongs, Food thermometer

Allergens

Milk, Wheat; check flatbread for additional allergens. Check labels and substitutions.

Make it

1. Heat the oven to 425°F/220°C with racks in the upper-middle and lower-middle positions. Dry chickpeas thoroughly with a clean towel. Toss with 1 tablespoon oil and half the salt on one baking sheet; spread in one layer.

2. Cut the chicken into 4 evenly sized portions. If thicker than 1 inch/2.5 cm, split the thick parts horizontally. Put on the second sheet and coat with the remaining 1 tablespoon oil, 2 tablespoons lemon juice, zest, 2 grated garlic cloves, oregano, remaining salt and black pepper. Wash hands and raw-chicken tools.

3. Roast chickpeas on the upper-middle rack for 25–30 minutes, shaking the sheet after 15 minutes. Roast chicken on the lower-middle rack for 18–25 minutes, until the thickest part of each portion reaches 165°F/74°C. Remove chicken when ready and rest for 5 minutes.

4. Mix yogurt with the remaining 1 tablespoon lemon juice and remaining grated garlic clove. Keep chilled until serving. Warm flatbreads on a clean sheet in the oven for 2–3 minutes after the chicken comes out.

5. Slice chicken with a clean knife. Divide chicken, chickpeas, yogurt sauce and flatbreads equally among four plates; serve immediately to keep chickpeas crisp.

Lemon Oregano Chicken with Crispy Chickpeas and Flatbread

4 plates with chicken, crisp chickpeas, yogurt sauce and 1 flatbread each | Active 20 min | Cook 30 min | Total 50 min

Estimated nutrition per serving

Calories: 630 kcal | Protein: 57.8 g | Carbohydrate: 65.1 g | Fat: 16.2 g | Fiber: 11.6 g. One of 4 servings. Batch yield: 4 plates with chicken, crisp chickpeas, yogurt sauce and 1 flatbread each. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Dinner can be plated without guesswork

Four pieces of chicken and four flatbreads establish the servings before anyone sits down. Divide the chickpeas and sauce equally alongside them. If you are making tomorrow’s lunch, chill its cooked components promptly instead of leaving a packed portion on the counter through dinner.

A useful detail

Use two separate sheets even if everything could physically fit on one. The chicken can remain juicy while the chickpeas roast in a dry environment.

Another way

Use 680 g boneless skinless chicken thighs; allow extra roasting time as needed and check every portion reaches 165°F/74°C.

Replace the yogurt sauce with 200 g plain nonfat skyr mixed with the same measured lemon and garlic.

Keep it well

Refrigerate chicken, chickpeas and sauce separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat chicken and chickpeas to 165°F/74°C; an oven helps restore some chickpea texture. Keep the yogurt sauce cold. Store flatbread according to its package.