

One-Pot Chicken and Lentils

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Total Time 1 hour 20 minutes

Prep Time 10 minutes

Cook Time 1 hour and 10 minutes

Rating ★ ★ ★ ★ ★ (607)



David Malosh for The New York Times. Food Stylist: Simon Andrews.

This one-pot chicken and lentils recipe takes a well-spiced blend of pantry staples plus a handful of fresh ingredients and simmers them together for a throw-in-the-pot meal that is both comforting and filling. It relies on bone-in, skin-on chicken thighs, and the role of the skin is essential: First, it forms a protective shield when seared, preventing the chicken from drying out in the bubbling liquid as it simmers, and helps build flavor as its fat renders. (Thank the skin for its service and discard it before serving.) The finishing touch of lime adds a nearly imperceptible sour flavor, similar to some Persian stews, that rounds out the braising liquid, which is best enjoyed with bread or basmati rice.

INGREDIENTS

Yield: 4 servings

- 2 tablespoons olive oil
- 1 yellow or red onion, thinly sliced
- 2 medium carrots, unpeeled and cut into thin rounds
- Salt and pepper
- 4 to 6 bone-in, skin-on chicken thighs (1½ to 2 pounds), patted dry
- 2 tablespoons tomato paste
- 1 tablespoon ground cumin
- 1 teaspoon ground turmeric
- 2 garlic cloves, grated or minced
- 1 cup green or brown lentils, rinsed
- 1 lime, halved
- 2 tablespoons chopped cilantro or

PREPARATION

Step 1

Heat the oil in a large Dutch oven or pot over medium-high until shimmering. Add the onion and carrots, season lightly with salt and cook, stirring occasionally, until the onions just start to soften, about 3 minutes.

Step 2

Push the carrots and onions to the sides of the pot, creating space in the center. Season the chicken thighs all over with salt and pepper, then add them, skin-side down, to the center of the pot. Cook until the skin easily releases from the pan, 7 to 9 minutes, pushing the onions and carrots occasionally. (Everything will be snug and that's OK!)

Step 3

Add the tomato paste, cumin, turmeric and garlic to the carrots and onions, stirring as best you can. Flip the chicken, stack the

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~~parsley leaves and tender stems~~

Private Notes

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pieces to make some room in the pot to stir, and cook until the tomato paste intensifies and darkens in color, about 2 minutes.

Step 4

Add the lentils and 4 cups of water (or more if needed, to fully submerge the lentils and most of the chicken). Adjust the heat to bring the liquid to a boil, and season with salt. Cover with the lid slightly ajar, adjust the heat to maintain a simmer, and cook, stirring occasionally, until the lentils are tender, the chicken is cooked through and the flavors blended, 40 to 45 minutes.

Step 5

Remove and discard the skin from the chicken. Stir in half the lime juice, spoon some sauce over the chicken, then taste and season as needed with more lime juice or salt. Finish with a few grinds of pepper and sprinkle with the cilantro before dividing among bowls.