

# SUMAC & POMEGRANATE CHICKEN



## QUICK

20 mins prep  
time

## HEALTHY

Pomegranate is claimed to be effective against heart disease, high blood pressure, inflammation and some cancers.

## FAMILY

Feeds 5

## MEALS

Delicious served with cous cous and green vegetables

## INGREDIENTS

- 5 chicken pieces
- 2 x tbs olive oil
- 1 tbs curry powder
- 1 tbs pomegranate molasses

## SAUCE

- 1 tbs olive oil
- 2 onions – finely chopped
- 1 garlic clove
- 4 tbs sumac
- 1 tsp curry powder
- 200 ml chicken stock
- Salt and pepper
- Toppings - handful pomegranate seeds, handful chopped parsley/coriander, 20g toasted pine nuts/almonds

## METHOD

1. Lay your chicken pieces on a tray
2. In a bowl, mix together the curry powder & olive oil
3. Mix, then brush over the chicken
4. Sprinkle with ½ tsp salt
5. Roast for 35 mins at 180° C (Fan oven)
6. Whilst the chicken is cooking, make the sauce
7. Heat the oil in a large frying pan
8. Add the finely chopped onions, 1 tsp curry powder, garlic and S&P
9. Sauté for 5 minutes – stirring occasionally until golden brown.
10. Whilst it is sautéing – make the stock, toast the nuts and chop your herbs
11. Toast the nuts in a dry pan – a few minutes on a medium-high heat – shaking every minute (I set a timer). Keep your eyes on them because they burn really easily
12. When the onions are golden brown, add the stock and sumac and leave to simmer gently, partially covered
13. When the chicken is cooked, pour the juices into the sauce
14. Put 1 tbs pomegranate molasses into a bowl and brush it over the chicken
15. Roast for another 15-20 mins until cooked
16. Then assemble – pour the sauce over the chicken, then sprinkle over the nuts, herbs and pomegranate seeds



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)