

# SUMAC & POMEGRANATE CHICKEN WITH ONION GRAVY



## QUICK

15 mins prep time

## HEALTHY

Pomegranate is claimed to reduce the risk of heart disease and high blood pressure

## FAMILY



## MEALS

Delicious served with cous cous and green vegetables

## INGREDIENTS

- 5 chicken pieces
- 1 x tbs oil
- 1 tbs curry powder
- 3 tbs sumac
- 1 tbs pomegranate molasses
- ½ tsp salt
- Handful pomegranate seeds
- Handful chopped parsley/coriander
- 20g toasted pine nuts/flaked almonds

## Fried Onions

- 2 tbs oil
- 4 onions – sliced
- 2 garlic cloves - minced
- 200 ml chicken stock

## METHOD

- 1) Heat the oil in a large frying pan
- 2) Slice your onions and add
- 3) Add the minced garlic
- 4) Sauté on a low-med heat till brown and caramelised
- 5) In a big bowl, mix together the curry powder, sumac, salt, pomegranate molasses & 1 tbs oil
- 6) Add the chicken pieces and mix well till coated
- 7) Lay your chicken pieces on a tray
- 8) Roast for approx. 35 mins at 180° C (Fan oven) till cooked.
- 9) Make the stock
- 10) Roast the nuts in the oven for approx. 8-10 mins  
Keep your eyes on them because they burn really easily
- 11) Chop your herbs
- 12) When the onions are golden brown, add the stock and leave to simmer
- 13) When the chicken is cooked, pour the onions on top, then sprinkle over the nuts, herbs and pomegranate seeds
- 14) Serve



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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)