

ROASTED CHICKEN WITH POMEGRANATE SAUCE

INGREDIENTS

- 1 Chicken (3-4 lbs) (cut into 8 pieces or 4 split breasts) (rinsed & patted dry)
- Pepper (fresh) (ground)
- 2 T Olive oil
- 1 Onion (chopped)
- 1 Walnuts (chopped)
- 2 C Chicken stock
- 12 Figs (fresh) (quartered)
- 1/3 C Pomegranate molasses
- 2 T Honey
- Pomegranate seeds
- Parsley (optional garnish)



DIRECTIONS

- 1 Season chicken with pepper & heat the oil in a large skillet over medium-high heat
- 2 Add chicken & cook until browned on all sides then remove & drain on paper towels
- 3 Lower heat to medium & then add onion to pan & cook stirring often until soft & translucent
- 4 Lower heat to medium-low & add walnuts & cook stirring regularly, until they begin to change colors (3 minutes)
- 5 To make the sauce, add chicken stock, figs, pomegranate molasses & honey in a pot & mix well
- 6 Cover & bring to a boil & lower the heat & simmer (covered for 10 minutes) stirring occasionally
- 7 Return the chicken to the pan & simmer, uncovered, until cooked through (approx. 35 minutes)
- 8 Transfer the chicken to a large serving platter & pour the sauce & pomegranate seeds over it
- 9 Add parsley as a garnish (optional) & then serve hot

