

# Pomegranate Roast Chicken

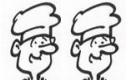


Serves: 4   Prep Time: 20 mins   Cook Time: 45 mins

OK to Freeze?



Complexity:



## Ingredients

- 1 small chicken 1.3kg
- ⅓ cup pomegranate molasses or fig glaze, plus 2 tablespoons extra for brushing during cooking
- 1 tablespoon of honey or maple syrup
- 2 garlic cloves, minced
- 1 long red chilli, deseeded, finely chopped
- 1½ cups cooked Basmati rice  
(= ½ cup uncooked rice)
- 60g baby spinach (2 handfuls), washed
- Good pinch sea salt and freshly ground black pepper
- 2 carrots, washed, cut into bite-sized pieces
- 2 parsnips, peeled, cut into bite-sized pieces
- 1 large red onion, peeled, cut into 6 wedges
- 2 tablespoons olive oil
- Good pinch sea salt



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## Method

1. Place your chicken on a clean board and pat dry with kitchen paper towel.
2. To remove the backbone from the chicken. Use kitchen shears or poultry sheers to cut the along the length of the backbone on each side and press the chicken flat on the board with the heel of you hands. This is known as "Spatchcock" chicken. See video. <https://youtu.be/akfRUKZbQwY>
3. Place the chicken in a large zip lock bag, Combine the molasses or glaze, with the honey, garlic and chilli and add to the bag with the chicken.
4. Expel the air from the bag and close off by pressing along the seal lines. Ensure it is sealed before massaging the chicken in the bag. Massage the chicken until completely coated in the sauce. Place the bag on a tray in the fridge to marinate for at least 2 hours, preferably overnight

5. Heat the oven to 180°C fan forced.
6. Place the prepared vegetables in a large roasting tray and toss together with the olive oil.
7. Make space in the centre of the tray, add the chicken along with the marinade, season the ingredients with sea salt.
8. Roast in the oven for 35 minutes brush. Remove from the oven and brush the chicken with the extra 2 tablespoons of pomegranate molasses or glaze and return to the oven for further 10 minutes. Chicken is cooked when the juices run clear when a skewer is inserted into the thickest part of the thigh or the leg meat is shrinking back from the leg bone. Check the vegetables are tender and cooked through.
9. Remove the chicken to a warm plate, cover loosely with foil. Switch the oven off.
10. Add the cooked rice and the baby spinach to the tray of roasted vegetables and toss to coat in the juices. Return the tray to the switched off oven (along with your plates) and leave for 5 minutes. This will warm the rice through.
11. Using your “cleaned” kitchen shears, cut the chicken into sections, breast, thigh, leg and wing portions and place on top of the rice and vegetables. Serve the whole tray straight to the table for your guests to help themselves.

**This dish is full of protein and good hearty vegetables**

## Comments

You will find pomegranate molasses in Coles or Harris Farm.

Fig glaze from Aldi can be substituted.

The molasses makes a fabulous salad dressing when mixed with some olive oil.

Feel free to change the vegetables for sweet potato or pumpkin etc Parsnips are not always available and may be a little expensive.

Brown rice is a healthier option and gives a nutty flavour to the dish. Basmati rice is great for flavour and does not turn to “mush” like long grain rice would.

If cooking for two people and you prefer not to have leftovers, use just half a chicken or two marylands.