



# KOSHER KINGDOM

SUPERMARKET

## Pomegranate Chicken



### Prep Time

15 Minutes

### Cooking Time

2 – 3 Hours

### Preference

Meaty

### Ingredients

- 1 whole chicken, split back
- 1 onion
- 8-10 garlic cloves
- 1-2 tbsp olive oil
- 330ml pomegranate juice
- 4 tbsp tomato puree
- 5 tbsp honey
- Courgettes, sliced
- Olive oil
- Salt and pepper

### Method

1. Pre heat oven to 180C
2. Slice onion, place in roasting pan with garlics and top with the chicken laid out.
3. Heat olive oil in pot, add in pomegranate juice, tomato puree and honey. Season with enough salt and pepper for chicken. Stir well and bring to a gentle simmer.
4. Pour over chicken and baste for a minute or 2.
5. Cover and cook for 1 hour.
6. After an hour, uncover chicken, baste and cook uncovered for a further hour to hour and half basting every 20 minutes.
7. Slice courgettes, toss with olive oil, salt and pepper, roast on a single sheet for 20-30 minutes.