



# FESENJAN (POMEGRANATE CHICKEN)

A classic Persian dish which is vegan/vegetarian optional and naturally gluten free.

## Ingredients

1 large onion finely sliced  
3-4 tablespoons olive oil  
60ml pomegranate molasses or 200ml pomegranate juice  
200g halved walnuts  
2 chicken breasts cut into cubes  
500ml chicken Stock  
2 Tablespoons honey  
1/2 teaspoon Turmeric  
1/4 teaspoon sea salt  
pinch each of cinnamon, nutmeg and black pepper  
Optional: white or brown rice for serving (or use cauliflower rice)  
Optional: 250g pomegranate arils and fresh parsley for garnish

## Method

1. If you don't have pomegranate molasses, make your own by pouring pomegranate juice into a small saucepan. Bring to the boil, reduce heat, add a pinch of salt and a little lime or lemon juice and simmer until reduced. Set aside to cool.
2. Toast the walnuts in a shallow pan over medium heat for 8 - 10 minutes or until golden brown and fragrant. Once cooled, transfer to a food processor or blender and blend into a fine meal.
3. Heat a large pot over a medium heat, once hot add 1 tablespoon of olive oil and the onions, cook until soft, stirring occasionally, do not allow to burn.
4. Heat a separate pot over a medium heat, cook the chicken in two batches in a little olive oil. Once browned, add to the onion mixture. Add a pinch of salt.
5. Add chicken stock and bring to the boil.
6. Reduce heat and add the pomegranate molasses, honey, turmeric, cinnamon, nutmeg, pepper and walnuts. Simmer for 15 - 25 mins or more until desired thickness is reached. Taste and adjust seasonings as needed.
7. Serve over rice or with naan, garnish with pomegranate arils and parsley.

## Notes

Serves 3-4 people or 2 if you are hungry and love it like I do!!

To keep this recipe vegetarian friendly substitute vegetable stock for chicken stock and chickpeas or additional whole roasted walnuts for the chicken.

Keep it vegan by substituting agave nectar or maple syrup for the honey.