

Chicken with pomegranate molasses

Search:

- [Chicken](#)
- [Dinner](#)
- [Recipes](#)

Chicken with pomegranate molasses

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Chicken with pomegranate molasses



Rate this recipe

1 person is cooking this [Count me in](#)

We love the sweet and tangy flavour of pomegranate molasses with chicken.

Ingredients (serves 4 to 6)

- 12 free-range skinless chicken thigh fillets, trimmed of excess fat
- Mint and pomegranate seeds, to serve

Pomegranate molasses marinade

- 2 tbsp [olive oil](#)
- 1/3 cup pomegranate molasses
- Juice of 1 lemon
- 3 large cloves garlic, finely chopped
- 2 tbsp Dijon mustard
- 2 tbsp sherry [vinegar](#)
- 2 sprigs fresh mint, leaves picked and finely chopped
- Sea [salt](#)
- Freshly ground black pepper

Chicken with pomegranate molasses

Method

For the marinade, place all the ingredients in a jug or bowl and whisk to combine. Pour into a large zip-lock plastic bag, add the chicken thighs, then seal and shake to combine.

Marinate in the fridge for at least six hours (or overnight if possible).

Heat a chargrill pan or barbecue flat plate over medium-high heat until hot.

Working in batches, cook the chicken thighs for five to six minutes on each side until golden brown and cooked through.

Drizzle over some pomegranate molasses, if using, then serve hot, scattered with mint and pomegranate seeds.

Recipe and images by [Katie Quinn Davies](#)

NEXT: [Quinoa salad with orange beetroot and pomegranate](#)

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```