

Sumac roasted chicken with farro stuffing

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Tasty recipes from our feature chef Kate Bradley.

Ingredients (serves 6-8)

- 1 organic [chicken](#)
- 2 tbsp sumac
- 2 tbsp coconut oil or butter
- 3 tbsp flaked almonds
- 2 cloves garlic crushed
- $\frac{3}{4}$ cup freekah
- 3 tbsp pine nuts (toasted)
- 2 tbsp dill, dried
- 1 tbsp sumac
- 1 tbsp pomegranate molasses
- 2 tbsp olive oil
- Handful chopped parsley
- 2 tbsp currants
- Sprig of mint

METHOD

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Gently separate the skin of the chicken from the flesh. Be very careful doing this so you do not tear the skin. Combine the sumac, coconut oil, garlic and flaked almonds and push under the skin until evenly spread.

Cook your freekah on the stove until relatively soft (around 20 to 30 mins) and then rinse and combine with the remaining ingredients. Open the cavity of the chicken and stuff the freekah mix inside. Rub olive oil on the outside of the chicken and a little bit of salt and pepper.

Place chicken in a 190°C oven for around 30 to 40 minutes until nice and golden. Let chicken rest and brush with some more oil, sprinkle with pomegranate jewels and some toasted almonds to serve.

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Photo credit: Elisa Watson

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