



Ingredients:-

2 Chicken Breasts
60ml of Lime Juice & 1 Tbsp of Zest
2 Tbsp of Pomegranate Molasses
Salt & Pepper to season
¼ Tsp of Ground Cumin
¼ Tsp of Ground Coriander
140G of Long Grain Rice
Spray Oil
A handful of fresh Coriander, chopped
A handful of fresh Mint, chopped
¼ of a Cucumber, chopped
4 Cherry Tomatoes, chopped
2 Tsp of Pomegranate to garnish

Method:-

- (1) Combine the Lime Juice and Pomegranate Molasses & pour over the Chicken Breasts.
- (2) Allow to marinate in the fridge for an hour.
- (3) Place the Chicken on a baking tray and spray with a little oil.
- (4) Season with Salt & Pepper.
- (5) Rub in the Cumin and Coriander.
- (6) Place in a pre-heated oven at 170c and cook for 30 minutes, until the Chicken is cooked through.

- (7) Cook the rice according to the package instruction, then rinse with boiling water and drain.
- (8) Mix the chopped Coriander, Mint, Lemon Zest, Cucumber, Tomatoes and Pomegranate into the warm Rice.
- (9) Server the Chicken over the Rice with the remaining Pomegranate to garnish.

So many fresh and fragrant flavours in this dish. We'd definitely pay good money in a restaurant. But we didn't, because it's more fun to cook at home!