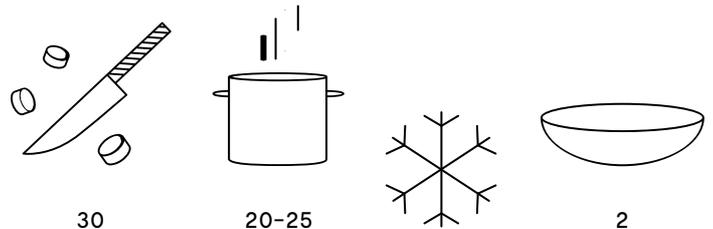




Persian Honey Glazed Chicken with Rice

Dinner for two? This persian inspired delight is delicate but flavoursome.



Ingredients

For the chicken:

A few tablespoons oil The groovy Food Company High Five Cooking Oil

Two chicken legs (or whatever chicken cut you like)

1/4 teaspoon turmeric

1/4 teaspoon cumin

1/4 teaspoon garlic powder

a pinch of cinnamon

salt and pepper to taste

2-4 teaspoons The Groovy Food Company Organic Mexican Wildflower Honey

For the jeweled rice:

Directions

1. Heat the oil in a skillet over medium-high heat.
2. For the chicken combine the turmeric, cumin, garlic, cinnamon, salt, and pepper and 2 tbsp olive oil in a large bowl. Add the chicken and toss to coat. Marinate in the fridge for at least 20 minutes and up to overnight.
3. When ready to cook heat 1 tbsp oil in a frying pan and cook the chicken until internal temperature reaches 170°F (77°C), flipping halfway through. If it is browning too fast, turn the heat down. When it's almost done, drizzle on the honey.
4. Meanwhile, cook the rice according to package directions.
5. In a pan (I used the pan I used for the chicken), heat the butter on medium-high until melted and sizzling and then add the onion and garlic. Drizzle on the honey and cook until the onion is browned

1 cup (200g) uncooked Basamati rice
2 tablespoons butter
1 medium yellow onion, chopped
3 cloves garlic, minced
2-4 teaspoons The Groovy Food Company
Organic Mexican Wildflower Honey
1/4- 1/2 teaspoon garlic powder
1/4 teaspoon cumin
1/4 teaspoon turmeric
pinch of cinnamon
salt and pepper to taste
1/2 cup dried cranberries (or other dried fruit)
1/2 cup roughly chopped pistachios (or other
nuts)
Pomegranate
Fresh Parsley

and softened.

6. Add the cooked rice, cranberries, garlic, cumin, turmeric, cinnamon, salt and pepper. Adjust seasonings to taste. Allow to cook for a few minutes to blend all the flavors.

7. Top the rice with pistachios, pomegranate arils, and fresh parsley and, of course, the chicken