



CHICKEN WITH POMEGRANATE AND PISTACHIOS

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 10 minutes

Cook time: 15-20 minutes

Serves: 4

INGREDIENTS

- 4 chicken thighs, or breasts
- 1/4 cup olive oil,
- 1/4 cup lemon juice
- 1 tbsp pomegranate molasses
- 80g-100g pistachio nuts
- 1/2 cup mint leaves, roughly chopped
- 1/2 cup basil leaves, roughly chopped
- 4 tbsp pomegranate seeds



METHOD

- Dry fry the pistachio nuts in a small frying pan, on medium high, continue stirring
- to prevent burning, until they become aromatic. Place in a bowl and roughly chop.
- Season the chicken with salt and pepper.
- Heat about 1/4 of oil in frying pan and add chicken pieces, cook for 5-8 minutes each side, until golden and cooked through, (you can air fry after browning if they are very thick).
- **While chicken is cooking:** combine the pistachios, mint, basil, pomegranate molasses, lemon juice, and remaining 3/4 of the olive oil and mix well.
- When cooked, place the chicken onto a serving plate, spoon small amounts of pistachio sauce over and around the chicken, and top with pomegranate seeds.
- Serve alone, or I like it with mashed potato on the side.