

Pomegranate Glazed Chicken with Moroccan Spiced Carrots

Serves 8

INGREDIENTS

For the Chicken:

2.5 lb skin on, boneless chicken breast
2 garlic cloves, minced
1 Tbsp ground coriander
1 Tbsp ground cumin
1 Tbsp ground cardamon
1/2 tsp ground cayenne pepper
2 tsp smoked paprika
2 tbsps lemon juice
3 tbsps olive oil
Salt + Pepper

For the Pomegranate Glaze:

pinch of red pepper flakes
1 cup pomegranate molasses
1 cup chicken stock
2 garlic cloves, sliced
6 sprigs of fresh thyme
salt & pepper to taste

For the Sweet + Spicy Moroccan Carrots:

1 1/2 lbs heirloom carrots, peeled + sliced
2 Tbsp olive oil
2 Tbsp honey
1 Tbsp ground cumin
1/4 tsp cayenne
1 tsp za'taar spice
1 tsp sumac
1/2 tsp of red chili flakes
1 tsp ground cinnamon
1 lime, juiced
1/2 tsp finely grated lemon zest
2 Tbsp lemon juice
1/4 cup fresh cilantro, chopped

For the Roasted Garlic Yogurt Sauce:

2 small heads of garlic, roasted
1-2 tsp olive oil
1 1/4 cup whole fat greek yogurt
1 tsp lemon juice
2 tsp finely chopped cilantro

METHOD

For the Chicken: Preheat oven to 400F.

In a small bowl, whisk together all ingredients, and pour the liquid over the chicken and allow to marinate for at least 20 minutes. Heat the gas grill to high. Once grill is fully heated, brush grill lightly with vegetable oil and place chicken on the grill. Sear skin side down until golden brown, and then turn over and sear other side.

Place chicken on a sheet pan fitted with a roasting rack, and finish cooking in the oven until an internal temperature of 160F is reached. Rest covered in foil until 165F is reached.

For the Pomegranate Glaze

In a small pot, add all ingredients and reduce by half. When chicken has finished cooking, drizzle the glaze over the chicken before serving.

For the Sweet + Spicy Moroccan Carrots:

Preheat oven to 400 F

Peel the carrots, then slice on a large bias ensuring all are relatively the same thickness, no bigger than 1/2 inch thick.

Combine all the ingredients except the carrots in a bowl. Mix well and taste for seasoning. Add more salt or spice if necessary. Toss the carrots with the honey and spice mixture and mix well to combine. Lay out on a sheet pan lined with parchment paper.

Place the sheet pan into the oven and cook for 7 minutes. Open the oven, and mix the carrots thoroughly. Finish roasting in the oven. Remove carrots from the oven, and mix with freshly chopped cilantro.

For the Roasted Garlic Yogurt Sauce:

Preheat oven to 400F. Peel the outer skin layer of the garlic and trim the top of the heads (about 1/4" inch) to expose the garlic cloves.

Place garlic in aluminum foil, drizzle with olive oil, salt and pepper and pinch the ends of the foil together, creating a tent.

Roast for 45 minutes to 1 hour, or until garlic cloves are very tender and soft. Allow to cool until lukewarm (or comfortable to handle) and remove the roasted cloves into a small food processor.

Add the yogurt and lemon juice to the food processor, and pulse until smooth.

Place yogurt into a bowl and stir in the cilantro. Season with salt and pepper to taste.