

Persian Chicken with Pomegranate and Walnuts

This delightful Persian dish combines tender chicken with the rich flavors of pomegranate molasses, walnuts, and a hint of saffron. It's a perfect representation of the vibrant and aromatic Persian cuisine.


30 min

Total time

medium

Difficulty

450

kcal / serving

Ingredients

- 200g chicken breast
- 50g walnuts, chopped
- 2 tbsp pomegranate molasses
- A pinch of saffron, dissolved in 1 tbsp warm water
- 1 tsp sugar
- Salt and pepper to taste
- 1 tbsp olive oil
- Fresh parsley for garnish

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Season the chicken breast with salt and pepper, then add it to the pan, cooking until golden brown on both sides (about 5-7 minutes each).
- 3 In a separate bowl, mix the pomegranate molasses, dissolved saffron, and sugar.
- 4 Pour this mixture over the chicken, add the chopped walnuts, and stir gently to coat.
- 5 Cover the pan and let it simmer for about 10 minutes until the chicken is cooked through and the flavors meld.
- 6 Garnish with fresh parsley before serving.