

# POMEGRANATE MOLASSES BBQ CHICKEN



**GOES GREAT WITH...**

Roast cauliflower  
with tahini sauce  
(p143), batata harra  
(p124) and ezme salad  
(p69) from How to Be  
a Mezze Legend

**EXTRAS**  
**#11**

## ALSO WORKS A TREAT WITH...

- Chicken wings or drumsticks

## RAISE YOUR GAME BY...

Using whole poussin instead of  
chicken legs (just cook for another 15  
minutes or until the juices run clear)



# POMEGRANATE MOLASSES BBQ CHICKEN

Prep  
10 mins

Cook  
45 mins

Heat  


Serves  
4  
with sides

This easy BBQ dish uses pomegranate molasses rather than BBQ sauce to make a sweet and sticky glaze with a delicious fruity, tangy flavour. Pomegranate molasses is made by reducing pomegranate juice until syrupy, and adds a lovely flavour to many dishes (particularly in combination with the Meze Legend spice blends!).

4 **chicken legs** - slashed through to the bone a few times, or use 2 **sweetheart cabbages** (about 800g total weight) cut in half for a veg/vegan version

2 **cloves of garlic** - finely grated or crushed

4 tbsp **pomegranate molasses** or use 8 tsp **balsamic vinegar** mixed with 4 tsp **sugar**

4 tsp



**BIBER BLEND**

1 tsp



**KAMMUN BLEND**

1 tsp



**QARFA BLEND**

1 Light the BBQ or preheat the oven to 200°C/gas mark 6

2 Mix 2 tbsp pomegranate molasses with the garlic, 4 tsp **BIBER BLEND**, 1 tsp **KAMMUN BLEND**, 1 tsp **QARFA BLEND** and 1 tsp salt to a smoothish paste, then rub the mixture all over the chicken legs

3 Roast the chicken legs on a foil-lined baking tray (or wrap them in foil and cook on a low heat section of the BBQ) for 40 minutes or until cooked through and beginning to char around the edges, turning occasionally

4 Drizzle over the remaining 2 tbsp pomegranate molasses then return to the oven or BBQ for 5 minutes or until the legs are glossy, sticky and caramelised around the edges