



serves

4

prep time

15/20mins

cook time

1-1.5 hours

ingredients

22

difficulty

easy

STICKY POMEGRANATE DRUMSTICKS

w/ rice pilaf & spiced chickpeas

INGREDIENTS:

Sticky Pomegranate Chicken Drumsticks

- 8 chicken drumsticks
- ¼ cup pomegranate molasses
- 2 tbsps olive oil
- 1 tbsp dried thyme
- ½ tsp salt flakes
- Cracked black pepper

Spiced Chickpeas

- 2 tbsps olive oil
- 1 tsp ground chilli
- ½ tin chickpeas, drained and rinsed

To Serve

- fresh lemon wedges
- fresh pomegranate seeds

Rice Pilaf

- 2 cups basmati rice
- 100g Ghee or butter
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp cardamom seeds, lightly crushed
- 1 tsp cumin seeds, lightly crushed
- 8 peppercorns whole, lightly crushed
- 1 tsp ground turmeric
- 1 tsp ground cumin
- ½ tsp salt flakes
- 3 bay leaves
- 4 cups vegetable stock
- ½ cup slivered almonds
- ½ cup raisins
- ½ cup dried apricots, roughly chopped
- ½ cup fresh coriander

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w/ rice pilaf & spiced chickpeas

METHOD:

Preheat the oven to 180°C fan forced.

To start the rice pilaf, place the rice in a fine sieve and wash under cold water until the rice runs clear. Place the rice into a bowl and cover with cold water. Set aside for 15-20 mins to soak. Drain and rinse again.

To make the sticky pomegranate drumsticks, mix together the pomegranate molasses, olive oil, dried thyme, salt and pepper in a bowl and add the drumsticks. Mix to coat and set aside to marinate for 5-10 mins.

Place the drumsticks on a roasting tray and place into the hot oven for 25-30 mins or until the chicken is cooked through.

Meanwhile, heat the ghee in a large heavy-based pan over a medium heat, add the onions and garlic. Cook until softened, approx 2-3 mins. Add the cardamom, cumin seeds, peppercorns, ground turmeric, ground cumin, salt and bay leaves. Cook for a further 1-2 mins.

Stir in the drained rice and cook, stirring continuously, for 2-3 mins until the rice is completely coated with the ghee. Slowly pour in the stock, stirring constantly, then bring slowly to the boil. Cook over a medium heat for 5-8 mins or until almost all the stock is absorbed and little holes begin to appear on the surface of the rice. Cover and turn the heat to very low and cook for a further 15-20 mins or until the rice is cooked through.

Remove the lid and leave to stand for 5 mins to allow the steam to escape. Gently stir through the almonds, raisins, dried apricots and fresh coriander.

To make the spiced chickpeas, heat the oil in a small fry pan, add the chickpeas and the ground chilli and cook until the chickpeas are heated through.

Serve the rice pilaf with the sticky drumsticks and fresh lemon and top with the pomegranate seeds and the spiced chickpeas.

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