



**CLONAKILTY**

**DATE NIGHT CHICKEN WITH POMEGRANATE RICE**



# IRISH YOGURTS

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## Date Night Chicken with Pomegranate Rice

Recipe by Chef Eunice Power

### Ingredients

- **For the Chicken**
- 150g Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt
- 1 tbsp. of harissa
- 2 large chicken fillets
- **For the Rice**
- 120g whole grain rice



- 1 pomegranate de-seeded
- 50g spinach, finely sliced
- 2 tbsp. shelled pistachios – roughly chopped
- 1 tbsp. dill, finely sliced and a few sprigs reserved to garnish
- Lightly grated zest of a small orange
- Juice of half of an orange
- A glug of olive oil
- Sea salt and freshly ground pepper
- **Garnish**
- ½ cucumber, finely sliced
- Small clove of garlic or half a large clove.
- 2 tbsp. of Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt

## Directions

- Prepare the chicken an hour or two before hand. Mix the harissa and the yogurt in a bowl score the chicken breast with a sharp knife an mix with the yogurt in the bowl, making sure that the chicken is fully coated, cover and refrigerate for minimum 1 hour.
- Pre heat the oven to 200°C
- Place the chicken on a baking tray and place in the preheated oven for 10 minutes, then reduce the heat to 170°C for 20 minutes. Remove from the oven and cover loosely with foil, allow to rest whilst preparing the rice.
- Bring a pot of water to the boil, add the rice, bring back to the boil, it will take about 15 minutes to cook. When cooked strain over a sink and return to the pot, add the pomegranate seed, spinach, pistachio, dill, orange rind along with a dash of orange juice and olive oil. Season with salt and pepper.
- In a separate bowl mix the sliced cucumber with very finely chopped garlic and the yogurt.
- To serve divide the rice between two warmed plates, slice each of the chicken fillets and place on top, spoon over the cucumber in yogurt and finish with a few sprigs of dill.