

Chicken Breast in Pomegranate Glaze

Ingredients

2 large Chicken Breasts Skin on

Butter

Thyme and Garlic

Juice of one lemon

For the glaze

150 ml pomegranate syrup

80ml soy sauce

3 tbl Port

3 tbl mirin

1. To prepare the Chicken breasts, take off any bad sinews, Put the Breasts skin side down in a frying pan with a teaspoon butter and oil. Cook for about 5 minutes turn over for a further 3 minutes or until cooked pink. Remove and allow to rest.

2. Put all the glaze ingredients into the same frying pan bring up to boil.

3. Simmer for 1 min.

4. Put the breasts back into the pan cook for a further 3 to 4 mins. Slice and place onto a platter.