



## Pomegranate Marinated Char-Grilled Chicken Legs

Serves: 1  
Prep time: 5 Minutes  
Marinating: 2 Hours +  
Cooking time: 20-25 Minutes

### Ingredients:

- 3 chicken legs

### Pomegranate Marinade:

- 2 tablespoons pomegranate molasses
- 1 tablespoon extra virgin olive oil
- 1 clove garlic
- 1 teaspoon of Cointreau or ½ teaspoon orange zest
- 1 lemon, zest and juice
- 2 tablespoons chopped mint
- 2 teaspoons honey
- pinch onion salt
- salt and pepper to taste



*Dare to be different? The combinations of these unusual **Middle Eastern flavours** give a succulent burst of sweetness, that pops in your mouth*

### Method:

- Blend all the marinade ingredients together
- Cut slits in the chicken legs crossways, to allow the marinade to absorb
- Place the legs into a ziplock bag or a bowl
- Pour the marinade over the legs and massage in, refrigerate for at least 2 hours
- **Preheat the barbecue or grill**
- Remove the chicken and **reserve** the marinade
- Place half the remaining marinade in a small saucepan and use the remainder to baste the chicken while cooking
- Place the chicken legs onto the hot grill for 20-25 minutes or until cooked. Turn and baste with marinade regularly to caramelise
- **Meanwhile** heat the reserved marinade over medium heat until it thickens slightly, then pour over the cooked chicken legs
- **Serve and Enjoy!**