Oven

# Honey glazed Persian chicken thighs with jewelled rice

Sticky, golden chicken thighs over basmati with soft sultanas and sharp, juicy pomegranate seeds.

**Serves 4 · Prep 15 min**

**Equipment** Large roasting tin with a wire rack, saucepan with a lid, clean brush and probe

**Heat** 200°C conventional or 180°C fan

**Cook** 35-45 min

**Total** 55-65 min plus preheat

## You will need

1 kg bone-in, skin-on chicken thighs, about 6-8 thighs
60 g Smoke & Flame Persian blend
1 tbsp rapeseed oil
2 tbsp clear honey
1 tsp lemon juice
240 g basmati rice
1 tbsp rapeseed oil
1 shallot, finely chopped
1 tsp Smoke & Flame Persian blend, level
45 g sultanas
360 ml water
½ tsp fine sea salt
80 g pomegranate seeds
20 g shelled pistachios, roughly chopped, optional
1 tbsp flat-leaf parsley, roughly torn, optional
**Allergens** The optional pistachio garnish contains PISTACHIOS (NUTS). Check the spice blend and sultana labels. Some sultanas contain SULPHITES.

## Method

**1. Heat the oven and season.** Heat the oven to 200°C conventional or 180°C fan. Pat the thighs dry. Mix 60 g Persian blend with the oil and rub it over the thighs, leaving a thin, even coating on the skin. Mix the honey and lemon juice in a clean bowl.

**2. Roast.** Arrange the thighs skin-side up on the rack over the tin. Roast for 30-35 minutes, until the skin has browned.

**3. Fry and steam the rice.** While the chicken cooks, rinse the rice and drain well. Soften the shallot in 1 tbsp oil in a medium saucepan over medium heat for 4-5 minutes. Add the rice and fry for 1 minute, stirring. Stir in 1 tsp Persian blend for the final 30 seconds. Add the sultanas, 360 ml water and the salt. Bring to a simmer, cover and cook on low for 12 minutes. Take off the heat and leave covered for 10 minutes.

**4. Glaze and check.** Brush a thin coat of honey glaze over the thighs and roast for 5-10 minutes more. Check the thickest part of each thigh away from the bone with a clean probe. It should hold 75°C for at least 30 seconds. If they need longer, keep roasting and loosely shield the skin with foil if it is darkening too quickly.

**5. Rest and serve.** Rest the chicken for 5 minutes. Fluff the rice with a fork, fold in the pomegranate seeds and serve with the thighs. If using, scatter the chopped pistachios and parsley over the chicken and rice.

**What to look for** 75°C for at least 30 seconds, measured away from the bone

**Cook’s note** Use a clean brush for the honey and a clean plate for the cooked thighs. Add the pomegranate at the table if you want the seeds to keep their crunch.