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## Chicken Pomegranate- main Dish

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Serves 2-3

### Ingredients:

- 2 chicken breasts, cut in 4
- 2 onions, cut into thin slices
- 2 cups pomegranate juice
- 1/2 cup olive oil or better frying alternative, coconut oil
- 2/3 cup ground walnuts
- 1.5 tsp black pepper
- 1 medium cinnamon stick (optional)
- To taste: sea salt
- To taste: un-pasteurized honey
- Garnish, tarragon leaf

### Directions:

Saute onions in coconut oil until soft. Add chicken, salt, pepper and stir until chicken turns colour. Add the rest of the ingredients and boil for 1/2 hr. Add extra water if the sauce is too thick. Add enough honey to balance the sour taste of the pomegranate.

Serve on a bed of brown rice and garnish with tarragon.

### Special Notes: