

Stuffed Chicken Breasts in Yogurt Sauce

Ingredients

For the seasoning

- 5 Tbsp olive oil
- 1/4 cup vinegar
- 5 garlic cloves, crushed
- 3 Tbsp minced ginger
- 1 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 Tbsp [baharat spice mix](#) or garam masala
- 1 Tbsp paprika
- salt to taste

For the chicken

- 4-6 boneless, skinless chicken breasts
- 1 red bell pepper
- 1 zucchini
- 1/2 cup mint leaves

For the sauce

- 5 Tbsp flour
- 1/4 cup milk
- 3 Tbsp olive oil
- 2 cups plain Greek yogurt
- 1 Tbsp cumin seeds
- salt & pepper to taste

For the combined dish

- 3 Tbsp olive oil

Directions

Prepare the Seasoning

In a medium bowl, mix together all ingredients for the seasoning. Set aside.

Prepare the Chicken

Butterfly each chicken breast and pound it into a 1/3" thick filet, set aside.

Cut the red bell pepper and zucchini into thin stripes, about 2" long.

Place a chicken breast on a working surface and brush with the seasoning mixture. Place one or more red pepper and zucchini stripes near one of the short edges of the breast and top

with meat leaves. Roll onto the rest of the breast and secure with toothpicks or kitchen string. Repeat with the rest of the breasts and set aside.

Prepare the Sauce

Mix together the flour, milk and olive oil in a large bowl. Add the yogurt, cumin seeds and salt and pepper to taste and mix thoroughly. Set aside.

Cook the Chicken

Heat olive oil in a saute pan over medium-high heat. When hot, add the chicken rolls and brown on all sides. Add the yogurt sauce and bring to a boil. Lower heat and then simmer for about 15 minutes, turning the chicken rolls so they cook evenly.

<http://www.marga.org/food/int/iraq/chicken.html>