

COUSCOUS STUFFED CHICKEN



Ingredients (serves 4 people):

Chicken

4 chicken breast fillets

Salt to taste

Paprika to taste

Black pepper to taste

Olive oil to taste

Moroccan couscous stuffing

100 g diced boiled sweet potato
1 cup Moroccan couscous
2 cup chicken stock
1 chopped red onion
2 cloves garlic
½ cup smoked ricotta or chopped provolone cheese
10 mint leaves
½ cup chopped red peppers
Salt to taste
Olive oil to taste

To roll up

8 bacon slices

Preparation:

1. For the filling moisturize the couscous with the chicken stock for 30 minutes.
2. In a skillet sauté the cloves of garlic, with the pepper and the onion.
3. Turn off the braised fire.
4. Loosen the couscous balls and mix the couscous in the stir-fry.
5. Hit the salt, the black pepper and add the rest of the ingredients. Reserve.
6. For the chicken beat the fillets between two plastics and season the chicken fillets with salt, black pepper and paprika.
7. Fillet should be lightly tapped with a hammer so that it is not thickened.
8. Place two slices of bacon in a large pie pan, one diagonally above one another as an "X".
9. Place a chicken fillet over the slices.
10. Place some of the filling in the center and tighten tightly.
11. Close the fillet with the two bacon slices.
12. Turn upside down to remove from pan.
13. Put in a baking dish greased with a little olive oil.

14. Repeat the procedure on all chicken fillets.
15. Bake in a preheated oven at 180 ° C for approximately 25 minutes.
16. Serve with the rest of the Moroccan couscous filling.