

Stuffed Chicken with Cheese & Sun-dried Tomatoes

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Ingredients

Prepare Bean Salad

- Olive oil extra virgin 1 tbs
- Lemon juice 2 tbs
- Lehsan (Garlic) finely chopped ½ tsp
- Himalayan pink salt ½ tsp or to taste
- Kali mirch (Black pepper) crushed ½ tsp
- Kheera (Cucumber) deseeded & chopped 1 Cup
- Lal lobia (Red kidney beans) boiled 1 Cup
- Pyaz (Onion) chopped 1 medium
- Tamatar (Tomato) deseeded & chopped 1 large
- Fresh parsley chopped 1 tsp

Prepare Stuffing for Chicken

- Boiling water as required
- Palak (Spinach) chopped ½ Cup
- Cream cheese 4 tbs
- Lehsan (Garlic) finely chopped ½ tsp
- Lal mirch (Red chilli) crushed ½ tsp

Prepare Stuffed Chicken

- Chicken fillet 2 (500g)
- Lehsan powder (Garlic powder) 1 tsp
- Paprika powder 1 tsp
- Himalayan pink salt ½ tsp or to taste
- Mixed herbs ½ tsp
- Onion powder ½ tsp
- Kali mirch powder (Black pepper powder) ½ tsp
- Mozzarella cheese grated as required
- Sun-dried tomatoes chopped 1-2 tbs
- Fresh parsley chopped 1 tsp
- Cooking oil 2 tbs
- Lehsan (Garlic) finely chopped 1 tsp (optional)
- Fresh parsley finely chopped 1 tsp

Method

Prepare Bean Salad

1. In a bowl, add olive oil, lemon juice, garlic, pink salt, black pepper crushed & mix well.
2. Add cucumber, red kidney beans, onion, tomato, fresh parsley & mix well.

Prepare Stuffing for Chicken

1. In a boiling water, add spinach, bring it to boil & blanch for 1-2 minutes then strain, squeeze well & set aside.
2. In a bowl, add cream cheese, blanched & squeezed spinach, garlic, red chilli crushed & mix well. Cheesy creamed spinach is ready!

Prepare Stuffed Chicken

1. Cut chicken fillet from the center, open it like a butterfly & gently pound with kitchen hammer.
2. In a bowl, add garlic powder, paprika powder, pink salt, mixed herbs, onion powder, black pepper powder & mix well.
3. Sprinkle prepared spice mix on both sides of chicken fillet & let it rest for 5 minutes.
4. Now add prepared cheesy creamed spinach on one side, mozzarella cheese, sun-dried tomatoes, fresh parsley & cover with other side of chicken fillet.
5. In a bowl, add cooking oil, garlic, fresh parsley & mix well.
6. Brush prepared garlic oil on top of stuffed chicken & insert toothpick or skewer to seal the stuffing.
7. On oven safe plate, place oven grill & stuffed chicken fillets.
8. Place grill in microwave oven & healthy fry (H 6) at 200°C for 10 minutes (1 beep) then again set for 10 minutes (1 beep).
9. Serve stuffed chicken with prepared bean salad!

Ingredients

Prepare Bean Salad

- Olive oil extra virgin 1 tbs
- Lemon juice 2 tbs
- Lehsan (Garlic) finely chopped ½ tsp
- Himalayan pink salt ½ tsp or to taste
- Kali mirch (Black pepper) crushed ½ tsp
- Kheera (Cucumber) deseeded & chopped 1 Cup
- Lal lobia (Red kidney beans) boiled 1 Cup
- Pyaz (Onion) chopped 1 medium
- Tamatar (Tomato) deseeded & chopped 1 large
- Fresh parsley chopped 1 tsp

Prepare Stuffing for Chicken

- Boiling water as required
- Palak (Spinach) chopped ½ Cup
- Cream cheese 4 tbs
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Prepare Stuffed Chicken

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- Lehsan powder (Garlic powder) 1 tsp
- Paprika powder 1 tsp
- Himalayan pink salt ½ tsp or to taste
- Mixed herbs ½ tsp
- Onion powder ½ tsp
- Kali mirch powder (Black pepper powder) ½ tsp
- Mozzarella cheese grated as required
- Sun-dried tomatoes chopped 1-2 tbs
- Fresh parsley chopped 1 tsp
- Cooking oil 2 tbs
- Lehsan (Garlic) finely chopped 1 tsp (optional)
- Fresh parsley finely chopped 1 tsp

Method

Prepare Bean Salad

1. Ek bowl mein olive oil,lemon juice,lehsan,pink salt aur kali mirch crushed dal kar mix karein.
2. Kheera,lal lobia,pyaz,tamatar aur fresh parsley dal kar ache se mix karein.

Prepare Stuffing for Chicken

1. Blanching ke liye garam pani mein palak dal kar 1-2 minutes tak ubal lein,phir strain karke ache se squeeze kar lein & side per rakh dein.
2. Ek bowl mein cream cheese,blanched aur squeezed palak,lehsan aur lal mirch crushed red chilli dal kar ache se mix karein.Cheesy creamed spinach tayyar hai!

Prepare Stuffed Chicken:

1. Chicken fillet ko center se cut ker ka butterfly style mein open karein aur kitchen hammer se halka sa pound karein.
2. Ek bowl mein lehsan powder, paprika powder, pink salt, mixed herbs, onion powder aur kali mirch powder daal kar mix karein.
3. Tayyar spice mix ko dono sides per chicken fillet ke upar sprinkle karein aur 5 minutes kliya chor dein.
4. Ab ek side par tayyar cheesy creamed spinach lagayein, mozzarella cheese, sun-dried tomatoes aur fresh parsley daal kar dusri side se cover karein.
5. Ek bowl mein cooking oil, lehsan aur fresh parsley dal kar mix karein.
6. Is garlic oil ko stuffed chicken ke upar brush karein aur stuffing ko seal karne ke liye toothpick ya skewer insert karein.
7. Oven safe plate par oven grill rakhein aur uske upar stuffed chicken fillets place karein.
8. Microwave oven mein grill ko 200°C par healthy fry (H 6) karein—10 minutes (1 beep), phir dobara 10 minutes (1 beep).
9. Stuffed chicken ko is tayyar bean salad ka saath serve karein!

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