

Chicken Roll-Ups Stuffed with Spicy Couscous

Recipe By *Temí Philip*



Cooking and Prep:  1
h 10 m

Serves:  8

Contains:  

Preference: Meat

Difficulty: Easy

Occasion: Purim, Rosh

Hashanah, Sukkot

Source: Family Table by

Mishpacha Magazine

A flavorful mix of chicken and couscous that will add that special touch to your Yom Tov table.

Ingredients (20)

Chicken

- 8 chicken cutlets
- paprika, to taste
- pepper, to taste
- salt, to taste

Stuffing

- 2–3 tablespoons oil
 - 1 onion, finely chopped
 - 1/2 red pepper, diced
 - 8 fresh mushrooms, chopped
 - 1 cup couscous, prepared according to package directions
 - salt, to taste
 - pepper, to taste
 - 1/3 cup chopped parsley (*optional*)
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Sauce

- 2 tablespoons oil
 - 1 onion, chopped
 - 1 tablespoon flour
 - 2/3 cup water
 - salt, to taste
 - pepper, to taste
 - 1 teaspoon Moroccan paprika in oil
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Sommelier Suggests

- Mt. Tabor Gewurztraminer**
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Start Cooking

Prepare the Stuffing

1. Heat the oil in a pan and sauté the onions until golden.
2. Add the peppers and mushrooms, and sauté for 5 minutes.
3. Season and remove from heat. Mix with the prepared couscous.

Stuff the Chicken Cutlets

1. Arrange the chicken cutlets on your work surface and sprinkle with salt, pepper, and paprika.
2. Place 2 tablespoons of filling on each piece and roll up jelly-roll style.
3. Place each roll-up on a piece of aluminum foil large enough to wrap it in.
4. Preheat oven to 350° F (180°C).

Prepare the Sauce and Bake

1. Sauté the onion in oil until golden.
2. Add flour and stir.
3. Add water and spices. Bring to a boil.
4. Remove from heat and pour the sauce over each chicken roll-up.
5. Close up the foil around each portion and arrange in a baking pan. Bake in preheated oven for 35 minutes.
6. Open the foil and bake for an additional 5 minutes.

Tip:

To prepare these in advance, freeze the prepared roll-ups and bake right before serving.