



Stuffed Tomatoes with Chicken Freekeh

Ingredients

- 600 g Tomatoes, red, ripe, raw, year round average
- 1 large Onion, finely chopped
- 1 tbsp Vegetable oil, palm kernel
- 5 g Garlic
- 20 g MAGGI® Chicken Bouillon
- 6 cups Water
- 1 tsp Spices, cinnamon, ground
- 1200 g Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw
- 2 cups burghul, fine
- 1 tbsp Olive oil
- 4 tbsp Nuts, pine nuts, dried
- 1 g Water
- 500 g yogurt
- 2 tbsp Tahini
- 1 tbsp fresh lemon juice
- 1 Medium Cucumber
- 3 Cloves Garlic
- 3 g Fresh mint

Instruction

1. In a large pot, sauté onions in vegetable oil until golden. Add garlic and cook the chicken until it's golden. Then add MAGGI® Chicken Bouillon, hot water and cinnamon and bring to a boil.
2. Remove the chicken, keep it warm and reserve the stock.
3. In a separate nonstick pot, toss freekeh in olive oil over medium heat. Gradually add the reserved broth from the chicken in batches until the freekeh is fully cooked and tender.
4. Prepare the yoghurt mix and set aside.
5. Cut the tomatoes in half and empty the insides. Stuff them with freekeh and chicken on top and place them in the oven
6. When the tomatoes are cooked, remove from the oven, place 1 tablespoon of yoghurt on top of the stuffed tomatoes, and garnish with toasted pine seeds.
7. Serve with salad and the rest of the yoghurt on the side.

Nutrition

Carbohydrates	41.91 g
Energy	520.4 kcal
Fats	19.37 g
Protein	47.19 g

🕒 45 Minutes

⊕ 8 Servings