**Chicken Margoogah**

Prep time: 20 min Cook time: 45 min

**Ingredients:**

* 500g skinless chicken pieces
* 1 tbsp olive oil
* 1 onion, sliced
* 2 cloves garlic, minced
* 1 zucchini, 1 carrot, 1 potato – chopped
* 2 tomatoes, chopped
* 1 tsp turmeric
* ½ tsp cinnamon
* 1 tsp coriander
* Salt to taste
* 3 cups water or chicken broth

**For dumplings:**

* ½ cup whole wheat flour
* Water to knead

**Instructions:**

1. Make soft wheat flour dough. Roll thin and cut into small squares.
2. Heat oil in a pot. Sauté onions and garlic. Add chicken and spices.
3. Add tomatoes and vegetables. Cook 5 minutes.
4. Pour in broth. Once boiling, add dumpling pieces.
5. Simmer covered for 30–35 minutes until chicken and dumplings are tender.

**Serving suggestion:** Serve hot. Balanced enough to be a complete meal.