

CHICKEN AND QUINOA SALAD

with Fresh Herb Dressing



Heavenly Chicken Salad!

COOKING TIME: 20 MIN

CALS 494 | PROT 40.9G | CARBS 25.1G | FAT 25.2G



TIPS FOR FUSSY EATERS

Serve all the ingredients separately.

PRO TIP

Cook your chicken at medium low temperature and don't rush it. This way it will be evenly cooked and won't burn.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken breast	400g	600g	800g
Quinoa	50g	75g	100g
Water (for quinoa)	140ml	210ml	280ml
Walnuts	30g	45g	60g
Yellow bell pepper	1	2	2
Tomato	2	2	3
Cucumber	1	2	3
Garlic cloves	1	2	2
Lemon (juice)	1	1	2
Fresh basil	10g	15g	20g
Fresh parsley	20g	30g	40g



1 SEAR THE CHICKEN

Pat **chicken** breast dry with paper towel. Heat **oil** in a pan over medium high heat. Sear the **chicken** breast on both sides until well done. Rub with **salt** and **pepper**, and let rest.



2 COOK THE QUINOA

Rinse and drain **quinoa** in a colander with very small holes. Cook in boiling **water**, covered, for 15 minutes, until all liquid is absorbed. Transfer to a bowl to cool.



3 TOAST THE NUTS

Toast **walnuts** lightly in a hot pan with a spoon of oil. Set aside to cool, then chop.



4 CUT AND MIX

Cut **bell pepper** to chunks. Cut **tomatoes** to wedges and **cucumbers** to chunks. Mix in a bowl with the **quinoa** and **walnuts**.



5 CUBE THE CHICKEN

Cube the seared **chicken**. Add in the salad.



6 SERVE

Combine a good spoon of olive **oil**, peeled and minced **garlic**, **lemon juice**, minced fresh **basil** and **parsley**, **salt**, and **black pepper**. Add to the salad and mix well. Serve.

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