

# Chicken quinoa salad

Preparation time

35 minutes

Cooking time

30 minutes

Serves

4-6

Recipe courtesy of

Dr Kim Faulkner-Hogg, Advanced Accredited Practising Dietitian (Adv APD) on behalf of the Dietitians Australia Adverse Food Reactions Interest Group.



Ingredients

Method

Nutrition

500g chicken tenderloins

2 cups water

1 cup tri-colour quinoa

½ small leek, washed and finely diced

2 cups green beans, washed and chopped, 2cm pieces

1 cup carrot, washed, peeled and chopped into small circles

1 small Lebanese cucumber, washed, peeled and diced

2 shallots (thin, pencil shaped), washed and diced

2 stalks of celery, washed and chopped

¼ cup parsley, washed and finely chopped

salt to taste

canola or rice bran oil for cooking

FOR SALAD DRESSING

¼ cup canola or rice bran oil

pinch of salt

½ tsp citric acid

½ tsp brown sugar

2 tbsp water

1. Cook the quinoa per packet instructions.
2. Add a dash of oil to a pan and fry the chicken tenderloins until cooked through and golden.
3. Remove the chicken from the heat, sit for 5 minutes, then cut into bite size pieces.
4. Using the same pan, cook the leeks for 3-4 minutes. Set aside to cool.
5. Boil, microwave or steam the carrots and beans until just soft. Set aside to cool.
6. Once cooled, combine the vegetables with the leek and parsley.
7. Combine all the dressing ingredients together and mix, shake, or whisk well.
8. Add the quinoa, chicken, vegetables and dressing in a large mixing bowl, and toss to combine before serving.

This is lovely as a warm salad for lunch or dinner Leftovers can be kept in the fridge and served as a cold lunch the next day.

Nutritional information is provided per serve

Energy 1308.20kJ

Protein 24.01g

Saturated Fat 1.45g

Total Fat 13.33g

Carbohydrates 21.09g

Sugars 4.55g

Dietary Fibre 5.97g

Sodium 117.45mg