

Chicken quinoa salad

Preparation time

35 minutes

Cooking time

30 minutes

Serves

4-6

Recipe courtesy of

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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