

 4 servings

 10 mins prep

 10 mins cooking





Chicken and Quinoa Summer Salad

INGREDIENTS

1 cup uncooked quinoa
500g chicken breast
¼ red cabbage, finely sliced
½ red onion, diced
2 large handfuls rocket or spinach mix
½ punnet cherry tomatoes, halved
1 lebanese cucumber, diced
½ red capsicum, diced
1 bunch parsley, chopped
½ cup sunflower kernals
2 tbsp white sesame seeds
1 tbsp chia seeds

DIRECTIONS

1. Rinse quinoa in cold water. Drain and cook at ratio 1 cup of quinoa to 2 cups of water in saucepan. Bring to the boil and reduce heat, cover the pan and simmer for 10 - 12 mins until liquid absorbed
2. Cut up all ingredients for salad and put in a bowl
3. Make the dressing and pour into a jar and shake
4. Cut and season chicken, cook chicken for 10 - 12 mins
5. Toss quinoa through salad, put chicken in and layer with dressing

NOTES