

 4 servings

 15 mins prep

 25 mins cooking





Mexican Chicken with Lime Quinoa

INGREDIENTS

4 chicken breasts
3 tbsp chipotle sauce
2 tbsp honey
2 tbsp Dijon mustard
3 cloves garlic
2 limes
1 bunch coriander
2 tbsp olive oil
1 cup quinoa
2 cups chicken stock
1 tbsp coconut oil
2 spring onions
1 avocado
1 punnet cherry tomatoes
1 bag mixed lettuce
Salt and pepper

DIRECTIONS

1. Combine chipotle sauce, honey, mustard, crushed garlic, juice of 1 lime, stalks of coriander and olive oil. Marinate over chicken and set aside for 30 minutes
2. Pour everything into frying pan and cook chicken 5 mins per side and then place in oven at 180 degrees Celcius for 10 mins to finish cooking
3. Bring quinoa and chicken stock to the boil, reduce heat and simmer for 15 mins with lid on. Remove from heat and stir through coconut oil, diced spring onions, salt and pepper
4. Serve chicken with lime quinoa, mixed lettuc, sliced avocado and cherry tomatoes

NOTES