






PORTUGUESE PIRI CHICKEN QUINOA SALAD

 15 minutes
 30 minutes
 2 portions

INGREDIENTS

- 1 red chili, deseeded roughly chopped(45 g)
- 100 grams of chargrilled capsicum, 1/2 roughly chopped, 1/2 thinly chopped
- 2 cloves of garlic, raw (6 g)
- 1 tsp of , paprika (2 g)
- 1/2 tsp, leaves of oregano, dried (1 g)
- 2 tbsp of lemon juice, raw
- 300 grams of chicken breast
- 1/4 cup of quinoa, (43 g)
- 100 grams of baby spinach, raw
- 1 lebanese cucumber, halved lengthways & sliced

COOKING METHOD

- 1° Place chilli, chopped capsicum, garlic, paprika, oregano and lemon juice into a food processor and process until smooth. Pour over chicken and toss to coat. Cover and marinate in fridge until required.
- 2° Rinse quinoa in a fine sieve under cold running water. Cook in a medium saucepan of boiling water for 12 minutes or until just tender. Drain. Rinse under cold running water and drain well.
- 3° Meanwhile, preheat grill to high and cover a baking tray with foil. Arrange chicken onto tray and grill for 5 minutes, turning once, or until chicken is cooked through.
- 4° Toss spinach, cucumber, quinoa and sliced capsicum in a bowl. Divide between serving dishes and top with chicken to serve.
- 5° NOTE: We used red quinoa here, but you can use white or black - whatever is available. Red and black quinoa may take a minute or so longer to cook than white.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (469 g)	% DRI
ENERGY	70 kcal	328 kcal	16 %
FAT	1 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
CHOLESTEROL	23 mg	110 mg	37 %
SODIUM	25 mg	117 mg	5 %
CARBOHYDRATE	6 g	29 g	10 %
SUGARS	1 g	7 g	—
FIBER	1 g	5 g	22 %
PROTEIN	9 g	41 g	—