



Chicken and Quinoa Salad

1 hour

Hands on

4

Portion(s)



Ingredients

For chicken

- 2 chicken breast fillets
- 2 teaspoons dry thyme
- 2 teaspoons dry rosemary
- 2 teaspoons dry oregano
- 2 tablespoons olive oil
- 1 clove of garlic, small
- salt
- pepper

For salad

- 180 g quinoa
- 1 red bell pepper
- 1 yellow bell pepper
- 100 g cherry tomatoes
- 2 spring onions or one medium onion
- ½ bunch parsley
- ½ bunch basil

For vinaigrette

- 3 tablespoons olive oil
- 2 tablespoons mustard
- 1 tablespoon vinegar
- 1 tablespoon honey
- grated zest of 1 lemon
- salt
- pepper

Method

- Soak the quinoa for 5-10 minutes in a bowl with a generous amount of water.
- Rinse it twice with water and drain.
- Transfer to a pot and add about 1 liter of water.
- Boil for about 20 minutes, until a white line is formed over each grain.
- Drain and set aside in a salad bowl so it can cool. You can also refrigerate it for about 10 minutes.
- In the meantime, prepare the chicken.
- Preheat oven to 180* C (350* F) Fan.
- In a mortar and pestle, grind down all of the dried herbs along with the garlic to release all of their aromas.
- Transfer to a small bowl and add the olive oil and a generous amount of salt and pepper. This is the marinade.
- Add the chicken to the marinade and mix with your fingers to completely coat the chicken. You can cook the chicken immediately or let it marinate overnight in the refrigerator so that the meat can become even tastier when you cook it the following day.
- Place a nonstick pan over high heat and let it get very hot.
- Add the chicken and sauté until golden.
- Transfer to a baking pan and pour the remaining marinade over the chicken.
- Bake for 18-20 minutes to finish cooking. If the chicken fillets are very small cook for a shorter amount of time.
- When ready, remove from oven and set them aside to cool for 15 minutes and then cut into pieces.
- While waiting for the chicken to cool, prepare the vegetables. Cut the bell peppers into small cubes, the onions into rounds and the cherry tomatoes in half.
- Add all of the vegetable to the salad bowl with the quinoa.
- Add the chicken pieces, finely chop the herbs and add them to the bowl.
- To prepare the vinaigrette, simply combine all of the ingredients thoroughly.
- Pour over salad and toss.
- Season to taste.
- You can either eat the salad immediately or refrigerate for about an hour to chill before serving.