



Protein Packed Chicken, Quinoa & Avo Salad

Nº 7

BALANCED 30 Minutes • Under 600 Calories • Medium Heat • 2.5 of your 5 a day



Quinoa



Black Beans



Spring Onion



Vine Tomatoes



Lime



Coriander



Diced Chicken Thigh



Ground Cumin



Avocado



Rocket



Sriracha

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need: Ingredients

	2P	3P	4P
Quinoa	1 pot	1½ pots	2 pots
Black Beans	½ carton	¾ carton	1 carton
Spring Onion	1	2	2
Vine Tomatoes	2	3	4
Lime	1	1	2
Coriander	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh	210g	350g	420g
Ground Cumin	1 small pot	¾ large pot	1 large pot
Avocado	1	1½	2
Rocket	1 bag	1½ bags	2 bags
Sriracha	1 sachet	1 sachet	2 sachets

*Not Included

Nutrition

	Per serving	Per 100g
for uncooked ingredient	434g	100g
Energy (kJ/kcal)	2205 /527	508 /121
Fat (g)	27	6
Sat. Fat (g)	6	1
Carbohydrate (g)	29	7
Sugars (g)	6	2
Protein (g)	40	9
Salt (g)	0.47	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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Packed in the UK

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1. Cook the Quinoa

Bring a large saucepan of **water** to the boil over high heat. When boiling, stir in the **quinoa** and a pinch of **salt**. Bring back to the boil. Lower the heat and simmer until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins. Drain into a sieve and run under cold water to cool the **quinoa**. Once cooled, stand the sieve over the saucepan to drain fully.



4. Avocado Time

Meanwhile, slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the insides onto a chopping board. Cut into 2cm chunks and add to the **beans, onion and tomato** in the bowl. Stir in the **lime zest**. Squeeze in the **lime juice** and season with **salt and pepper**.



2. Prep Time

Meanwhile, drain and rinse the **black beans** in a sieve. Put in a large bowl. Trim the **spring onions** then thinly slice. Chop the **tomatoes** into 1cm chunks. Add the **spring onion** and **tomatoes** to the bowl, set aside. Zest and halve the **lime**. Roughly chop the **coriander** (stalks and all). Set aside. Pop the **chicken** and **cumin** in a large bowl. Use your hands to rub the flavours over the **chicken**. **IMPORTANT: Wash your hands after handling raw meat.**



5. Finish Off

When the **quinoa** is cooked and cooled, add to the bowl with the **salad** and mix together gently. When the **chicken** is cooked and you are ready to serve, add the **rocket** and **half the coriander** and mix everything together until the **leaves** are evenly coated and everything is well combined.



3. Cook the Chicken

Heat splash of **oil** in a large frying pan over medium-high heat. When hot, add the **chicken** and season with **salt and pepper**. Cook stirring frequently until nicely browned and cooked through. This will take around 12-15 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



6. Serve

Share the **salad** between your bowls and top with the cooked **chicken**. Snip the corner off the **sriracha sachet** and drizzle over the **chicken** (be careful it's hot!). Finish with a sprinkle of remaining **chopped coriander**.

Enjoy!