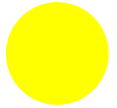




Chicken, Quinoa and Rocket Salad with Fresh Citrusy Orange



This is a great healthy dish packed full of fresh orange segments and baby rocket. The super food quinoa packs a nutritious punch to really increase the protein and vitamins in this dish. The red chili dressing adds just the right amount of spice when drizzled over just before serving!

Nutritional Info

Calories: 535 kcal

Carbohydrates: 55.6g

Protein: 49.6g

Fat: 15.4g

Ingredients

- Chicken Fillet
- Red Chilli
- Fresh Coriander
- Lime
- Orange
- Chicken Stock Cube
- Quinoa
- Dressing mix
 - Rapeseed Oil
 - Balsamic Vinegar

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Sulphur Dioxide (Balsamic Vinegar)

Celery (Stock Cube)

Stock Cube may also contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Pre-heat the oven to 220C**

2) **Cook the chicken**

Heat some oil in a small pan and season the chicken with salt & pepper. Add the chicken and fry for two minutes on each side. Transfer to the oven and roast for 10-12 minutes, or until cooked through and the juices run clear.

3) **Make the quinoa**

While the chicken is in the oven, dissolve the stock cube in about 100 ml of boiling water per person. Add the quinoa into a pot. Then pour boiling stock into the quinoa. There should be about twice as much liquid as quinoa. Cover the pot with a lid, turn the heat down to low and simmer for 15 mins.

4) **Chop the chilli & coriander**

Chop the chilli and discard the seeds. Chop the fresh coriander. Cut the lime into wedges. Add the chopped chilli, coriander and some lime juice to the quinoa and mix through.

5) **Cut the orange into segments**

Remove the skin from the orange and cut it into segments.

6) **Plate the dish**

Place the cooked chicken, rocket, orange and quinoa in a large bowl and mix together. Add the rapeseed oil and balsamic vinegar dressing to taste.



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