



Posted on 12 September 2013

by Nela Lukic

Super Duper Yummy Quinoa

Ingredients

200g Quinoa
2 Peppers, red and yellow,, sliced in thick wedges
1 red onion, thickly sliced
Half a head of broccoli
6-10 unpeeled cloves of garlic, depending on how much you like garlic
1 pkt. of asparagus
Grapeseed oil for drizzling
Salt and spices of your choice
4 small chicken breasts
Fig balsamic vinegar
Dried herbs
Feta cheese for garnish

Preparation

- 1 This dish is made in 3 stages.
- 2 Stage 1:
- 3 Cook the quinoa according to the instructions on the packet, just ensure that the quinoa is washed properly before cooking.
- 4 Stage 2:
- 5 Preheat the oven to 200 degrees celcius
- 6 While the quinoa is cooking drizzle grapeseed oil on the vegetables. Season with salt and spices and rub the vegetables with your hands to get the maximum flavor.
- 7 Place in the oven and bake for 30-40 minutes depending on how you like them roasted.
- 8 Stage 3:
- 9 When the vegetables have been in the oven for around 20 minutes heat some oil in a pan.
- 10 Sautee the chicken until it has cooked through.
- 11 Season and add herbs of your choice and drizzle with balsamic vinegar.
- 12 Allow the vinegar to caremalize around the chicken. It will give it a lovely colour and taste.
- 13 Finally combine the veggies, quinoa and chicken and sprinkle crumbed feta on top.

Cooks Note

Serves: 4
