



CHEESY BROCCOLI QUINOA



Prep Time
10 Minutes



Cook Time
15 Minutes



Serves
3 - 4

NOTE: To serve more people just increase as needed!

Ingredients

1x Cup of Uncooked RESTORE™ Bolivian Quinoa
1x Cup of Cooked Chicken Breast
1x Cup of Broccoli
1x Cup of Grated Cheddar Cheese (sharp or mild to taste)
2 Cups of Chicken Broth/Vegetable Broth OR plain water.

Seasonings:

Dried Basil
Salt (to taste)
Black Pepper (to taste)

How to cook the Chicken Breast?

1) In a pan, saute the chicken breast.
2) Cut into strips. Set aside.

RESTORE™ Tip

– For a vegetarian meal, exclude the chicken.
– At Step 9, if the food is still TOO MOIST... cover for another 5 minutes to allow the liquids to be absorbed.

We hope you enjoyed this SUPER nutritious, SUPER delicious meal. Cheers to your health!

Instructions

- 1) Wash and rinse the uncooked quinoa. Then, pour it into a pan OR wok.
- 2) Add the liquid (chicken broth/vegetable broth/water) to the pan.
- 3) Bring to a boil. Cover and turn the heat down to “Low” and let the quinoa cook for 10 minutes.
- 4) As the quinoa is cooking, cut the cooked chicken into smaller pieces. Set aside.
- 5) After 10 minutes, open the lid of the pan. Stir the ingredients and add the broccoli, chicken strips and dried basil.
- 6) Season with salt and pepper to taste. Stir gently.
- 7) Sprinkle grated cheese to top.
- 8) Put the cover back on and continue cooking for 5 minutes.
- 9) After 5 mins, remove the cover.
- 10) Stir together well.
- 11) Now grab a spoon and serve! ENJOY!