



CHICKEN QUINOA DINNER

		
Prep Time 15 Minutes	Cook Time 45 Minutes	Serves 4

NOTE: To serve more people just increase as needed!

Ingredients

- 1x Cup of Cooked RESTORE™ Bolivian Quinoa
- 4x Chicken Breast

Marinade:

- 4x Tablespoons of Olive Oil
- 2x Tablespoons of Sesame Oil
- Salt (to taste)
- Black Pepper (to taste)

!! NOTE: This recipe requires an OVEN !!
This recipe requires cooked quinoa. Log on to Restore Malaysia website and learn how to cook quinoa.

RESTORE™ Tip

At Step 6, if the chicken is still undercooked, bake for another 5 minutes.

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!