

Paprika Chicken with Quinoa Tabouleh



Serves: 6

Prep time: 15 minutes

Cook time: 30 minutes

Ingredients

- 1 cup (200g) quinoa
- 1 bunch flat-leaf parsley
- 2 tablespoons mint
- 1 punnet of cherry tomatoes
- 3 spring onions, thinly sliced
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1 1/2 teaspoons paprika
- 1 teaspoon ground cumin
- 100g low-fat thick Greek yoghurt
- 4 x 180g chicken breast fillets

Method

1. Place the quinoa and 600ml water in a small saucepan over medium heat, then bring to a simmer. Cook for 10 minutes or until tender. Drain well and leave to cool.
2. Finely chop mint and parsley. Quarter the cherry tomatoes. Thinly slice spring onions.
3. Add herbs, tomato and onion to quinoa and toss to combine.
4. Combine oil, lemon juice, 1/2 teaspoon paprika, and cumin.
5. Toss salad with dressing.
6. Preheat a frying pan.
7. Mix oil and remaining paprika, then brush over chicken.
8. Cook chicken in hot pan, until cooked through.
9. Spread salad over a serving platter. Top with sliced chicken and dollops of yoghurt.

Dietitian's Tip: Quinoa (pronounced keen-wah) is a seed that is eaten similarly to a grain. It is a great source of protein and fibre. If you don't have quinoa, it can be substituted with rice or couscous. Fresh coriander would also taste delicious in this recipe in place of mint or parsley.