

QUINOA AND ZUCCHINI RIBBON SALAD WITH MARINATED CHICKEN

1 cup (200g) white quinoa Finely grated zest and juice of 1 lemon. 1/3 cup (80ml) extra virgin olive oil

1 long red chilli, seeds removed, finely chopped 4 chicken breasts (skin on) 1 zucchini, sliced lengthways into thin ribbons (a mandoline is ideal) 250g punnet of cherry tomatoes, halved 100g feta, crumbled.

METHOD

1, Place quinoa and 600ml water in a pan over medium and bring to a simmer. Reduce heat to medium- low and simmer for 10 mins or until quinoa is tender and the water is almost absorbed. Drain well and allow to cool.

2. Meanwhile, place lemon zest, 2 tblspn oil and half the chilli in a bowl. Add chicken, season and toss to coat. Place chicken in a pan over medium heat and cook, skin side down, for 4-6minutes until skin is golden and crisp, Turn and cook for a further 6-8 minutes until cooked through. Rest, loosely covered with foil for 2 minutes.

3. Meanwhile, whisk the lemon juice with remaining chilli and 2 tblspn oil. Season and set dressing aside. In a large bowl, combine the zucchini, tomatoes, feta and cooked quinoa. Pour over lemon dressing and toss to combine.

4. Divide quinoa salad among plates. Slice the chicken breasts, then arrange on top of the quinoa salad and serve.