



## Quinoa chicken with tomatoes ( OP W )

Serving: 1

Non Veg

### *Ingredients*

- 1 cup chicken broth
- 1/4 cup cooked quinoa
- 1/2 onion, chopped
- 2 cloves garlic, or to taste, minced
- 50 grams chicken ,
- 1 cup tomatoes roughly chopped
- salt to taste
- oil 1 tsp

### *Preparation Method*

- Bring chicken broth and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 15 to 20 minutes.
- Heat vegetable oil in a large skillet over medium-high heat. Saute onion and garlic in hot oil until onion is translucent, 5 to 7 minutes. Add ground chicken and break into small pieces while cooking until completely browned, 7 to 10 minutes.
- Stir cooked quinoa and diced tomatoes and salt into the chicken mixture; bring to a simmer and cook long enough for the flavors to meld, about 10 minutes more.