



## Basic Quinoa bowl with chicken ( OP W )

Serving: 1

Non Veg

### *Ingredients*

- 100 grams cooked or boiled or grilled chicken
- 1/2 cup cooked quinoa
- Baby tomatoes 6-7 haved
- 2 walnuts chopped
- handfull spinach chopped
- Salt and pepper to taste
- Lemon juice 1 tsp
- 1/2 tsp minced garlic ( Optional )

### *Preparation Method*

- Mix all the ingredients in a large bowl until well-combined.serve