



Chicken quinoa salad ( HS )

Serving: 1

Non Veg

### *Ingredients*

- 2 tbsp quinoa
- 3 spring onions
- ½ cup shredded cabbage
- 1 clove garlic
- 1 tsp lemon juice
- 1/2 tsp soya sauce (optional)
- 1 tsp sesame seeds
- 50 grams cooked or boiled chicken
- 1/2 cup sliced carrots

### *Preparation Method*

- Cook quinoa and set aside to cool
- Heat the vegetable oil in a saucepan and add garlic and spring onions. Let them cool and whisk in sesame oil, soy sauce and lemon juice.
- Take a mixing bowl & add cabbage, carrots, cooked quinoa and cooked chicken. Now mix everything together and Quinoa Chicken salad is prepared. And, you can refrigerate it for up to 3 days.