



Spiced Quinoa chicken (OP W)

Serving: 1

Non Veg

Ingredients

- ½ cup soaked quinoa (Or raw 3 tbsp soaked in water)
- 1 onion, chopped
- 3 green chillies, sliced
- 100 grams boiled or cooked chicken
- 100 grams spinach leaves, shredded
- 2 tbsp garam masala
- 1 tsp mustard seeds
- Salt and pepper to taste
- Oil 1 tsp

Preparation Method

- Heat oil in a pan over medium heat.
- Add mustard seeds and let them pop for 5-6 seconds. Add chillies, onion and garam masala. Sauté until onions turn golden.
- Add quinoa, stir well and add 1 cup of water. Cook for 25 minutes on low flame.
- Add chicken and spinach and cook for 10 minutes. Season with salt and pepper & you can serve spiced Quinoa Chicken.