

Air fryer chicken with quinoa salad

- **Gluten-free**

Perfectly golden and full of flavour, this air fryer chicken and quinoa salad dish is an easy dinner for those busy weeknights.

- Serves 4
- Cooktime 15 mins 15 minutes
- Prep time 15 mins

Ingredients

- 1/2 cup (100g) quinoa, rinsed, drained
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp smoked paprika
- 2 Coles RSPCA Approved Australian Chicken Breast Fillets, halved horizontally
- 100g frozen broad beans, thawed, peeled
- 2 medium tomatoes, chopped
- 4 spring onions, thinly sliced
- 120g Coles Australian Kale & Baby Spinach
- 1/2 cup mint leaves
- 1/4 cup (40g) unsalted almonds, chopped
- 1/2 cup (140g) Coles Greek Style Natural Yoghurt
- 2 tbs lemon juice
- 1 tbs tahini
- 1 garlic clove, crushed

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Place the quinoa and 1 cup (250ml) water in a medium saucepan. Bring to the boil over high heat. Reduce heat to low. Cover and cook for 10 mins or until quinoa is tender and liquid is absorbed. Set aside, covered, for 10 mins to steam. Use a fork to separate the grains.

2. Step 2

Meanwhile, preheat air fryer to 180°C. Combine cumin, coriander and paprika in a bowl. Sprinkle evenly over chicken. Spray with olive oil spray. Place in the air fryer. Cook for 15 mins or until cooked through. (Alternatively, bake the chicken on a lined baking tray in oven at 180°C for 15-20 mins or until cooked through.)

3. Step 3

While chicken is cooking, cook broad beans in a saucepan of boiling water for 2 mins or until bright green and tender. Drain. Combine broad beans, quinoa, tomato, spring onion, kale and spinach, mint and almonds in a large bowl.

4. Step 4

Whisk the yoghurt, lemon juice, tahini and garlic in a small bowl. Add to quinoa mixture and toss to combine. Divide among serving plates with the chicken.