

CAJUN CHICKEN QUINOA



INGREDIENTS

- 2 chicken breasts, cut into bite sized pieces
- 1 tbsp Cajun seasoning
- 100g quinoa
- 600ml hot chicken stock
- 100g dried apricots
- 250g pouch ready-to-use puy lentils
- 1 tbsp olive oil
- 2 red onions, cut into thin wedges
- 1 bunch spring onions, chopped
- Small bunch coriander, chopped

QUINOA IS FULL OF PROTEIN AND IS A GREAT WHEAT-FREE ALTERNATIVE TO STARCHY GRAINS

DIRECTIONS

- 1. Heat the oven to 200C/180C fan. Toss the chicken in the Cajun spice and arrange in a single layer in a roasting tin. Bake for 20 minutes until the chicken is cooked through. Set aside.***
- 2. Meanwhile, cook the quinoa in the chicken stock for 15 minutes until tender, adding the apricots and lentils for the final 5 minutes. Drain and place in a large bowl with the chicken. Toss together***
- 3. While the quinoa is cooking, heat the oil and soften the red onions and spring onions for 15 minutes (on a low heat). Toss the onions into the quinoa with the coriander and some seasoning and mix well***