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Roasted Chicken Breast with Beetroot & Quinoa Salad

It's hard not to feel your heart skip a beat when you look down at this rainbow on a plate. Proving that big on healthy doesn't mean taste has to suffer, this roasted chicken breast comes alive with bitter edged rocket, fresh clean flavours of beetroot and nutty toasted sunflower seeds. Now that'll put a smile on your dial!



Prep: 5 mins

Cook: 20 mins

Total: 25 mins



level 1



eat me early



gluten free

Pantry Items



Olive Oil



Water



Sunflower Seeds



Quinoa



Chicken Breast



Beetroot





Rocket




Lime

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2P	4P	Ingredients
2 tbs	4 tbs	sunflower seeds
⅔ cup	1 ⅓ cups	quinoa, rinsed well
2 cups	4 cups	water *
1 tsp	2 tsp	olive oil *
1-2 fillets	2-4 fillets	chicken breast
1	2	beetroot, washed & grated 
1 bag	2 bags	rocket, washed
½	1	lime, juiced 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2530	Kj
Protein	51.6	g
Fat, total	24.7	g
-saturated	4.5	g
Carbohydrate	44.3	g
-sugars	4.4	g
Sodium	138	mg

Disclaimer: If you receive one large chicken breast, please halve horizontally and continue cooking method as instructed.



You will need: *chef's knife, chopping board, box grater, sieve, juicer, medium bowl, ovenproof frying pan, and a medium saucepan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

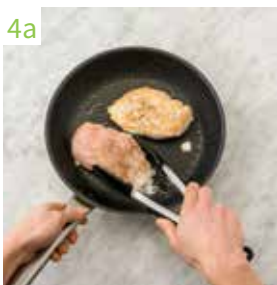
2 Place a medium ovenproof frying pan over a medium heat. Add the **sunflower seeds** and cook, tossing, for **1-2 minutes** or until toasted. Remove from the pan and set aside.

3 Place the **quinoa** and **water** in a medium saucepan and bring to the boil. Reduce to a simmer and cook, uncovered, for **12-15 minutes** or until tender. Drain. Cover to keep warm.

4 Meanwhile, heat the **olive oil** in the same medium ovenproof frying pan over a medium-high heat. Season the **chicken breast** with **salt** and **pepper**. Add to the frying pan and cook for **2 minutes** on each side. Transfer the frying pan to the oven and cook for a further **8-10 minutes** or until the chicken is cooked through. Slice the chicken into 1 cm thick slices.

5 Transfer the cooked quinoa to a medium bowl. Stir through the **beetroot**, sunflower seeds and **rocket**. Drizzle with a little olive oil and the **lime juice**. Season with salt and pepper.

6 To serve, divide the beetroot quinoa between plates. Top with the sliced chicken pieces.



Did you know? Beetroot has long been considered a natural medicine and some modern research has found that it lowers blood pressure in hypersensitive people.