

Zesty Lime & Pepper Chicken with Quinoa

Zesty chicken coupled with South-American natives; quinoa and sweet potato, sit-pretty together in this simple and flavoursome bowl. Quinoa is high in protein, earning its rightful titles of 'healthy' and 'superfood'. The nutty flavour of quinoa lends itself well to the simple lime and pepper marinade for the chicken.



Prep: 10 mins Cook: 35 mins Total: 45 mins





high protein









Olive Oil



Black Pepper



Lime



Chicken Breast





Vegetable Stock





Sweet Potato





2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
1/2	1	lime, zested & juiced	#
1/4 tsp	½ tsp	cracked black pepper (or ground pepper) *	
1 fillet	2 fillets	chicken breast, halved lengthways	
½ cup	1 cup	quinoa, rinsed	
1½ cups	3 cups	hot water *	
1 cube	2 cubes	vegetable stock, crumbled	#
2	4	sweet potato, unpeeled & sliced into 5 mm discs	
1	2	zucchini, cut into ribbons	
½ bunch	1 bunch	coriander, leaves picked	#

#	Ingredient features in another recipe
*	Davidor Harris

Pantry Items

Pre-preparation

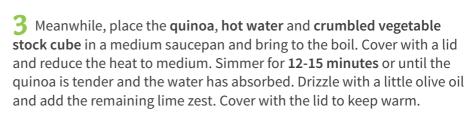
Nutrition per serve	N	lu	tr	iti	or	ı p	er	se	rve	
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Nutrition per	SCIVC	
Energy	2880	Kj
Protein	52.2	g
Fat, total	21	g
-saturated	4.4	g
Carbohydrate	71.2	g
-sugars	13.7	g
Sodium	375	mg



You will need: chef's knife, chopping board, sieve, zester, juicer, two oven trays lined with baking paper, medium bowl, medium saucepan with a lid, spatula, and a chargrill pan.

- 1 Preheat the oven to 220°C/200°C fan-forced.
- 2 In a medium bowl combine half of the olive oil, half of the lime zest, all of the lime juice, the cracked black pepper, and a pinch of salt. Add the chicken breast fillets, coat well and marinate for 10 minutes.





4 Meanwhile, toss the **sweet potato** in half of the remaining olive oil. Season with salt and pepper and place on half of one of the prepared oven trays. Cook in the oven for **15 minutes**. Toss the **zucchini** in the remaining olive oil and add to the tray with the sweet potato. Cook for a further **15 minutes**.



5 Heat a chargrill pan over a medium-high heat. Add the marinated chicken and cook for 3 minutes on each side. Transfer to the remaining oven tray. Cook for 7-10 minutes or until cooked through. Remove and slice the chicken.



To serve, toss to combine the quinoa, sweet potato slices, zucchini and **coriander**. Divide between plates and top with the sliced chicken.

Did you know? Quinoa, while prepared and eaten like a grain, is actually a seed.