



**FAST**

**HEALTHY**

## **Mexican Grilled Chicken**

with Corn, Tomato and Quinoa



20-30min



4 Portions

Quinoa's popularity is largely a result of a unique trifecta of health benefits - it's gluten-free, nutritionally-dense and a complete protein. We also love it for its nutty flavour and light, fluffy grains which are perfect in this quick, delicious and satisfying salad that accompanies Mexican-spiced grilled chicken.

## What we send

- 17
- 2 corn cobs

## What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper

## Utensils

- fine grater
- medium saucepan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

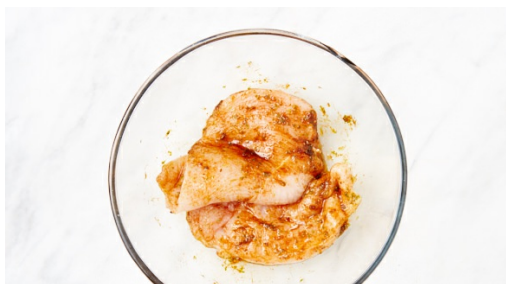
It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 595kcal, Fat 16.6g, Carbs 55.0g, Proteins 49.0g



### 1. Marinate chicken

Bring a medium saucepan of water to the boil for the quinoa. Finely grate the zest of **1 lime**, then juice. Cut the remaining lime into wedges. Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Combine **lime zest, Mexican spice blend** and **1 tbs olive oil** in a large bowl. Add chicken and turn to coat.



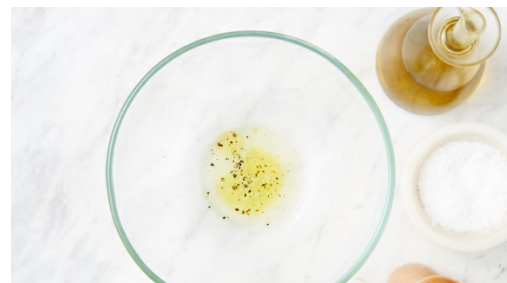
### 4. Prepare vegetables

While the chicken is cooking, finely chop the **tomatoes**. Thinly slice the **spring onions**.



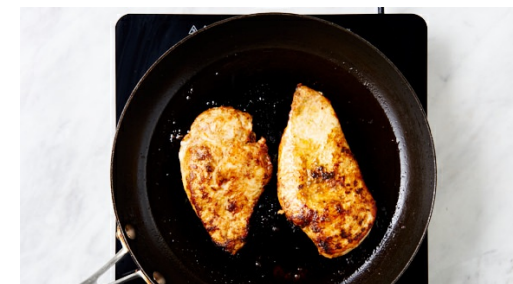
### 2. Cook quinoa and corn

Rinse the **quinoa** well in a sieve, then drain (see cooking tip). Add the quinoa to the pan of boiling water, return to the boil and cook for 9 mins. Add the **corn**, return to the boil and cook for further 2 mins or until the quinoa and corn are tender. Drain.



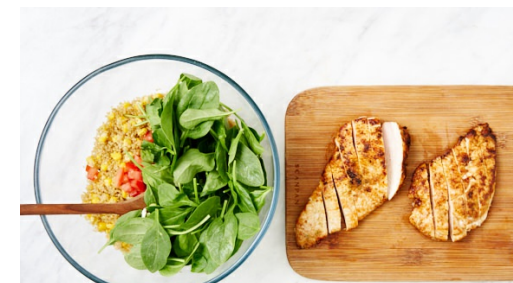
### 5. Make dressing

Combine the **lime juice** and **1 tbs extra virgin olive oil** in a large bowl and season with **salt and pepper**.



### 3. Cook chicken

Meanwhile, heat a large frypan over medium-high heat. Cook the **chicken** for 2-3 mins each side until golden and cooked through. Transfer to a plate and rest for 3 mins.



### 6. Get ready to serve

Thickly slice the **chicken**. Add the **quinoa, corn, tomato, spring onion** and **spinach** to the **dressing** and toss to combine. Divide the **chicken** and **salad** among plates and drizzle with any resting juices. Serve with the **lime wedges**.