



Chipotle-Poached Chicken

with Bean and Coriander Quinoa



30-40min



4 Portions

The secret to succulent chicken in this scenario is not to let it boil in the poaching liquid - or even simmer it hard - as it might become dry. Having said that, this healthy dish is simple to prepare, delivering Big Time in the flavour department. Spice fiends will love the chipotle, with it's smoky hit of chilli heat infusing chicken, veg and quinoa alike.

What we send

- 2 chicken-style stock cubes
- 40g chipotle in adobo sauce ⁶
- 2 large free-range chicken breast fillets
- 250g quinoa
- 1 onion
- 2 corn cobs
- 300g green beans
- coriander

What you'll require

- water
- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷
- extra virgin olive oil

Utensils

- large saucepan
- sieve
- large deep frypan or saucepan with lid

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

Cooking tip

It's important that the stock doesn't boil - keep at a gentle simmer while cooking the chicken or it will become tough.

~Rinse quinoa well to remove the bitter natural coating, saponin.

Allergens

Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 610kcal, Fat 21.1g, Carbs 51.5g, Proteins 48.9g



1. Prepare chicken

Read through the recipe. Crumble the **stock cubes** into a large saucepan. Add the **chipotle sauce** and **1L (4 cups) water** and stir to dissolve. Bring to a gentle simmer. Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets.



2. Poach chicken

Add the **chicken** to the simmering liquid, then reduce the heat to medium-low and cook for 5 mins (see cooking tip). Remove from the heat and stand for 4 mins or until the chicken is cooked through, then immediately remove the chicken from the stock. Reserve the **stock** in the pan.



3. Cook quinoa

Rinse the **quinoa** well in a sieve, then drain (see cooking tip). Add the quinoa to the pan of stock, return to the boil and cook for 15 mins or until tender. Drain.



4. Cook vegetables

Meanwhile, finely chop the **onion**. Discard the husk and silks from the **corn**, then slice the kernels from the cobs. Trim and chop the **beans** into 1cm chunks. Pick the **coriander leaves**. Finely chop the **coriander stems**. Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the onion, corn, beans and coriander stems, stirring, for 6 mins or until tender.



5. Finish quinoa

Add the **quinoa** to the vegetables and cook, stirring, for 3-4 mins until any residual liquid has evaporated and the quinoa is a little dry. Taste, then season with **salt and pepper**. Shred the **chicken**.



6. Get ready to serve

Put **2 tbs extra virgin olive oil** and **3 tsp white wine vinegar** in a bowl, season with **salt and pepper** and whisk to combine. Divide the **quinoa** and **chicken** among plates. Drizzle with the **dressing** and scatter over the **coriander leaves** to serve.