

## **CHICKEN & QUINOA SALAD ...Low**

Gluten & Dairy free and Low Salicylate & Amine  
**Serves 6**

### **Ingredients:**

500g chicken tenderloins  
2 cups water  
200g (1 cup) tri-colour quinoa  
½ small leek  
200g green beans (2 cups chopped)  
1 choko  
½ packet of mung bean sprouts  
¼ small red cabbage  
2 shallots  
2 stalks of celery chopped  
¼ chopped parsley  
Salt to taste



### **Salad Dressing**

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¼ cup Canola oil (or other allowed oils)  
pinch of salt  
½ tsp citric acid  
½ tsp brown sugar  
2 Tblsp water

Combine all the ingredients together and mix/shake/whisk well

### **Method:**

#### **Cooking the quinoa:**

- Rinse the quinoa in a bowl of cold water. Carefully pour off the water
- Place the washed quinoa in a saucepan (with a lid) with 2 cups water
- Bring to the boil
- Stir once with a spoon and do not stir again
- Place the lid on the saucepan and turn the heat down so the quinoa is simmering
- Simmer, with lid on for 20 minutes
- Take saucepan from the stove and leave it sit for another 5 minutes with the lid on.
- Take off the lid and fluff the quinoa with a fork

#### **Cooking the chicken & leek:**

- Place some oil in a fry pan and fry the chicken tenderloins until cooked through and just golden
- Take from the heat, sit for 5 minutes, then cut the chicken into bite size pieces
- While the chicken is cooking dice the leek finely and add it to the fry pan after the chicken has been taken out.
- Cook for 1-2 minutes, take from the pan
- Set both aside to cool

#### **Preparing the vegetables:**

- Top and tail the green beans and dice into 2 cm pieces
- Peel and core choko and cut into bite size pieces
- Boil, microwave or steam choko and beans until soft; set aside to cool
- Dice the celery, red cabbage, shallot and parsley
- Combine all the vegetables and sprouts with the leek in a large mixing bowl

#### **Making the salad:**

- Add the fluffed quinoa and chicken to the vegetables
- Toss it all together with the dressing; salt to taste
- Transfer the mixture to a serving platter or bowl.