

CHICKEN & QUINOA SALAD

Gluten & Dairy free and Moderate Salicylate

Serves 6



Ingredients:

500g chicken tenderloins
2 cups water
200g (1 cup) tri-colour quinoa
½ small leek
200g green beans (2 cups chopped)
120g carrot (orange or coloured) (~1 cup chopped)
1 small Lebanese cucumber
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

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
- Top and tail the carrots and dice into small circles
- Boil, microwave or steam carrots and beans until soft; set aside to cool
- Dice the celery & shallot
- Peel the cucumber, quarter it and dice it into chunks
- Chop the parsley
- When they are cool combine all the vegetables with the leek and parsley

Preparing the salad dressing:

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

Making the salad:

- In a large mixing bowl add the fluffed quinoa, chicken, vegetables and dressing
- Toss it all together
- Transfer the mixture to a serving platter or bowl.