

## **Saffron Quinoa with Chicken GF DF Low**

Gluten Free, Dairy Free, Low Chemical

Serves 6

### **Ingredients:**

- 2 cups tri-coloured quinoa
- ½ tsp saffron threads
- 1 small leek
- 4 brussel sprouts
- 2 celery stalks
- ¼ cup chopped cashews
- 1 cup pre-cooked, shredded chicken
  - Increase or decrease chicken to taste
- ½ cup chopped fresh parsley
- ½ cup chopped fresh chives
- 1 peeled pear finely chopped
- 1 Tbsp. Nuttelex
- 1Tblsp brown sugar
- 4 cups water
- Salt to taste
- 3 Tbsp. Rice bran oil to cook



### **Method:**

- Crush the saffron threads with the head of a spoon and put into a coffee mug. Add 1 tbsp. hot water, swirl and leave to steep
- Finely chop the leek, brussel sprouts and celery and add to a fry pan with the oil to sauté for 5 minutes
- Add the quinoa, tossing to coat and lightly cook (1-2 minutes)
- Stir in 4 cups of water, added slowly, cover with the lid and bring it to the boil
- Reduce the heat and simmer until the water is absorbed, (~20 minutes). Remove from the heat and stand for 10 minutes
- Place the pear pieces, sugar and Nuttelex in a saucepan on the stove and cook together for 2-3 minutes. Remove pear from excess syrup
- Either cook some chicken or used leftover pre-cooked chicken. Shred desired quantity
- Toss the parsley, chives, pears, cashews and chicken through the quinoa, along with the saffron water, until evenly mixed
- Serve

### **Suggestions**

- Store in a resealable container for up to 3 days
- Take a portion for lunches
- Omit the chicken and serve the quinoa as a side dish at dinner with other meats and vegetables such as green beans and choko