

CHARGRILLED LEMON CHICKEN, CABBAGE SLAW, QUINOA SALAD

WHAT YOU'LL NEED

1. Make 5 incisions in each chicken breast and marinate in lemon zest, thyme and olive oil.
2. Cook the quinoa and barley separate, mix together with a little olive oil.
3. Mix the cabbage and carrot slaw with lemon juice and salt.
4. Char-grill the chicken breast and slice.

spoon in the quinoa and barley. Place the chicken on one side, the slaw on the other side.

Garnish with spring onion, chickpeas and yoghurt.

INGREDIENTS

- 10 Chicken fillet 5-6oz
- 2 Lemon Thyme Cabbage slaw (see recipe)
- 10g Quinoa Barley
- 700g Chickpeas
- 5g Salt and pepper
- 10g Olive oil
- 100g Yoghurt
- 50g Spring onion



GDA INFO

Each Lemon Chicken, Cabbage Slaw, Quinoa Salad (312.99g) contains

Energy kJ	Fat	Saturates	Sugars	Salt
1925kJ 522kcal	20g	3.2g	3.2g	0.79g
23%	28%	16%	4%	13%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 615kJ / 167kcal