

Miele

Pesto chicken and quinoa salad

By Miele

10 minutes

Preparation Time

16 minutes

Cooking Time

6-8 servings

Serves



INGREDIENTS

Salad

- 1 cup quinoa
- 1 ½ cups water
- 400g chicken tenderloins
- 200g green beans
- 2 celery stalks, finely sliced
- 2 spring onions, finely sliced
- 100g rocket
- ½ red chilli, thinly sliced
- 2 tablespoons pinenuts, toasted
- Basil leaves for garnish

Dressing

- ½ cup olive oil
- Zest and juice of a lemon
- 1 clove garlic
- 2 tablespoons capers
- ¼ cup basil leaves
- ½ red chilli
- salt

METHOD

Dressing

1. Place the dressing ingredients in a food processor and blend until smooth.

Salad

1. Place quinoa and water in a solid steam tray, place into oven on shelf position 1. Steam 100°C for 11 minutes.
2. Place chicken on a solid steam tray on shelf level 2, leave the quinoa in the oven. Steam 100°C for 3 minutes.
3. Place green beans on a perforated steam tray, place in the oven on shelf level 3, leave the quinoa and chicken in the oven, steam 100°C for 2 minutes.
4. Allow the quinoa to sit without stirring until cool.
5. In a large bowl mix celery, spring onions, rocket, quinoa and ½ the dressing, season.
6. Place on a large serving platter and arrange the chicken and green beans on top of the quinoa mix and dress with the remaining dressing, sprinkle with pinenuts, chillies and basil leaves.

Notes

- You can use one kind of quinoa or ½ red and ½ white works well.