AUSTRALIAN · LUNCH · DINNER

BBQ Basil-Chilli Chicken with Grilled Veg and Quinoa

25 min · Serves 4 · 500 kcal a serve · Video 4:35 · Woolworths

Gluten-free ingredients · Dairy-free · Nut-free

A high-protein bowl: each serve gives about 54 g protein from chicken breast and quinoa, with capsicum and asparagus for over 100 mg vitamin C, folate and about 6 g fibre.

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Ingredients

13 · SERVES 4

- [ ] ¾ cup **quinoa**, rinsed (cooked in 1½ cups water)
- [ ] 4 **free-range chicken breast fillets**
- [ ] 3 tbsp **extra-virgin olive oil**, divided
- [ ] 1 **garlic** clove, finely chopped
- [ ] 6 **fresh basil leaves**, chopped, plus extra to serve
- [ ] ¼ tsp **dried chilli flakes**, to your liking
- [ ] 2 **red capsicums**, diced
- [ ] 2 bunches **asparagus**, trimmed and halved
- [ ] ½ cup **continental parsley leaves**, torn
- [ ] ¼ cup **apple cider vinegar**
- [ ] **lemon cheeks**, to serve
- [ ] **salt** to season
- [ ] **pepper** to season

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the quinoa and 1½ cups cold water in a saucepan, bring to the boil, then cover and simmer on low for 10 minutes until the water is absorbed. Turn off the heat and let it steam.
2. Slice the chicken breasts horizontally into thin steaks and toss with 1 tbsp oil, the garlic, basil, chilli flakes, salt and pepper. 0:36
3. Cut the asparagus in half on an angle and dice the capsicum. Toss with 1 tbsp oil and season. 1:56
4. Heat the barbecue grill and flat plate to medium. Grill the chicken about 2 minutes a side until cooked through, while the vegetables cook on the flat plate, turning, until tender. 2:46
5. Toss the vegetables with the quinoa, parsley, the remaining oil and the vinegar. Divide among plates, top with the chicken and serve with lemon cheeks and extra basil. 3:15

> **Tip** Serves 4 (as the cook says). Leftovers make a good cold lunch salad with a handful of leaves. For a vegetarian version, grill thick eggplant slices instead of chicken.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
500 kcal	54 g	29 g	6.3 g	18 g	510 mg
2,090 kJ	107% of a day	23 g net · 5.9 g sugars	22% of a day	3.1 g saturated	22% of a day
		11% of a day		23% of a day	

Energy from net carbs 20% · protein 46% · fat 34% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 117% · Selenium 84% · Vitamin B6 78% · Vitamin K 70% · Folate 33% · Magnesium 31% · Vitamin E 31% · Iron 30% · Zinc 30% · Vitamin B12 21% · Potassium 20%

Source of (10–19%) Vitamin A 19% · Omega-3 16%

Recipe and video: Woolworths (@woolworths) on YouTube — youtube.com/watch?v=blcE9KlYoNU, published 19 October 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bbq-basil-chilli-chicken-quinoa