

Chicken, cashew and leafy green stir-fry

Serves 2



Simply Nutrition



Ingredients

2 free-range skinless chicken breasts
2 teaspoons of coconut butter or rapeseed oil
A small knob of root ginger
1 large red pepper
3 large handfuls (approx 200g) curly kale, Swiss chard, spinach, or young spring greens)
20g unsalted cashew nuts
100g of quinoa
Tamari soy sauce

Method

Bring the quinoa to the boil (using 2 parts water to 1 part grain), then reduce the heat and allow it to simmer until tender. While the quinoa is cooking, prepare all the other ingredients: Firstly slice the chicken breasts into strips (cutting across the grain), finely chop the ginger root, and then halve, de-seed and slice the red pepper lengthways. Heat the oil in a wok and then add the ginger and chicken. Stir-fry for a 3-4 minutes before adding the red pepper. Continue stirring before finally adding the greens. Add a touch of water, and a splash of soy sauce. Reduce the heat and allow it all to steam. Serve the chicken and veg over the quinoa.

GLUTEN FREE

WHEAT FREE

DAIRY FREE

SUPERFOODS

“ a nutrient-rich meal with a wide spectrum of vitamins, minerals and antioxidants for health and vibrancy ”