

Rainbow Chard, Za'tar Chicken and Quinoa

Ingredients

- 2 x Chicken breasts
- 100g rainbow chard
- 10g flaked almonds
- 1/2 lemon
- 1/2 vegetable stock cube
- 1 red onion
- 1 tbsp za'atar
- 4 carrots
- 2 tsp coriander seeds
- 4 tsp oil
- 80g quinoa



Method:

1. Preheat the oven to 200C / gas mark 6 and boil a kettle. Dissolve the half stock cube in a jug with 300ml boiling water.
2. Mix the za'atar in a bowl with 2 tsp oil and a pinch of sea salt. Coat the chicken breasts with the za'atar and leave to marinate while you cut the vegetables. Slice the carrots into batons, cut the red onion into small pieces and chop the rainbow chard into 3cm pieces. Roughly crush the coriander seeds in a pestle and mortar or crush with a rolling pin.
3. Place the carrots and onion on a baking tray, drizzle with 1 tsp oil and sprinkle with the crushed coriander seeds and a pinch of sea salt. Place in the oven for 20 mins. After 15 mins, place the rainbow chard on a separate baking tray, drizzle with 1 tsp oil, sprinkle over the flaked almonds and place in the oven for the final 5 mins.
4. Meanwhile, rinse the quinoa and place in a saucepan with the stock. Simmer for 15 mins, then drain and squeeze through the juice from the half lemon and season with black pepper.
5. Heat a frying pan to a medium-high heat and cook the chicken for 15 or until cooked through. Leave to rest for a few mins.

6. Stir the carrots, onion and tender stem broccoli through the quinoa and spoon onto two warm plates. Top with the sliced chicken breasts.

Recipe for two people, halve the ingredients for one person