

Chipotle chicken & veggie bowl



50g uncooked quinoa or amaranth
300g chicken breast, cut into strips
2 tsps chipotle spice blend
1 tsp paprika
a pinch of sea salt and ground black pepper
150g butternut squash, peeled, seeds removed and diced
½ a small red onion, quartered
½ a red bell-pepper, sliced
150g courgette, sliced
1 tbsp olive oil
1 tsp coconut oil
a large handful of rocket leaves
4 cherry tomatoes, halved
20g feta cheese cubes
a drizzle of lemon juice

SERVES 2



PER SERVING:
494 Calories
42g Carbs
41g Protein
18g Fat

Place the quinoa / amaranth in a saucepan of water and cook according to packet instructions. Drain well and set aside.

Preheat oven to 200°C/400°F. Line a baking tray with foil.

Place the spices in a wide-based bowl. Add the chicken and stir well to coat. Cover and refrigerate for 30 minutes.

Spread the squash, onion, bell-pepper and courgette onto the tray. Drizzle over the olive oil. Season with a little salt and pepper, if desired. Roast for 20–25 minutes, or until the vegetables are cooked.

Meanwhile, heat the coconut oil in a frying pan over a medium heat. Add the chicken and cook for around 7–8 minutes, or until thoroughly cooked.

Place the cooked quinoa / amaranth into two serving bowls. Add the remaining ingredients and serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.

