



CHLOË BOWLER
complete wellbeing

CHICKEN QUINOA



Ingredients

- 2 Chicken breasts
- 1 Onion
- 1 red chilli
- ½ cup Quinoa
- Handful of Spinach

Instructions

1. Add ½ cup of quinoa to a pan and cover with 1 cup of water. Bring to the boil, then simmer for approximately 15 minutes.
2. Slice some organic chicken breasts and then grill or pan fry with a little olive oil.
3. Add some chopped onion and red chilli to the pan, and season with paprika.
4. At the last minute stir in the spinach until cooked.

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