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Warm chicken salad with quinoa, pomegranate and fenugreek sprouts

Ingredients

1 cup cooked red quinoa

½ cup chopped parsley

Zest of 1 lemon

½ avocado

½ pomegranate, seeded

Mixed leaves – beetroot, mizuna, rocket and spinach

2 chicken thighs, marinated in chermoula for 1 hour

70grams fenugreek sprouts

Dressing

1 teaspoon seeded mustard

Juice of 1 lemon

50ml of extra virgin olive oil

Dulse flakes

Salt

Pepper

Method

Combine in a large stainless steel bowl the red quinoa, parsley, lemon zest, avocado, pomegranate, mixed leaves and fenugreek sprouts. Grill the chicken thighs until cooked through. Combine dressing ingredients in an air tight glass jar and shake thoroughly. Pour over salad, mix well and serve topped with sliced chicken.