



Sticky Chicken Quinoa Bowl

This quinoa recipe can be used on its own or as a side dish served with chicken and greens

Serves: 1

Prepare: 10 Minutes

Cook: 25 Minutes

Difficulty: easy

Ingredients

- 1 cup quinoa (any colour, rinsed thoroughly and drained)
- [330ml organic chicken bone broth](#)
- 1/2 cup / 120ml filtered water
- fresh parsley, for garnishing
- toasted almond flakes, for garnishing
- dried fruit, for garnishing

Method

1. Put all contents in a pan and place on a high heat until it comes to a boil
2. Reduce heat to a simmer for around 10-15 minutes. Scrape the sides on occasion to ensure all quinoa is cooked
3. Once all the liquid has evaporated, turn the heat off and place a lid on the pan. Leave for five minutes. This allows the quinoa to steam and pop
4. After five minutes give the pot a good shake with the lid on and you should have perfectly fluffy, sticky chicken quinoa
5. This can be set aside for cold salads and a little goes a long way. Normally the portion of quinoa doubles in size. Garnish with fresh parsley, toasted almond flakes and dried fruit if you want to go for a couscous style dish but really it's delicious just as it is