



# Chicken with Asparagus on a Quinoa Bed

Total: 71 min · Prep: 24 min · Cook: 47 min · 1 servings · Easy · Lunch

Gluten-Free

Dairy-Free

## INGREDIENTS

40 g Quinoa

120 g Chicken fillet

20 g Sesame sauce (or nut sauce)

150 g Green beans (or asparagus)

to taste Spices, lemon juice

## INSTRUCTIONS

- 1 Cook quinoa according to instructions. Place on a plate.
- 2 For juicy chicken, bake it in foil with your favourite spices. Make small cuts in the fillet, add spices and wrap in foil like a candy, so moisture doesn't escape.
- 3 Bake in an oven preheated to 220 degrees with convection for 17 minutes. Then turn off the oven and let it rest for 5-7 more minutes in the foil.
- 4 Dice the chicken into small cubes and mix with the juices left in the foil. Additionally drizzle with lemon or lime juice to taste.
- 5 Finely chop cashews and sprinkle over the dish.
- 6 Cut asparagus into 3-4 cm pieces. Boil for 10-15 minutes and place on the plate.
- 7 Mix all recipe ingredients together.

**Nutrition per serving:** 353 kcal · Protein 37.0 g · Fat 7.0 g · Carbs 34.0 g · Fiber 5.9 g