

Low FODMAP Chicken with Quinoa and Kiwi Salad

Serves: 2

Prep: 15 minutes

Cook: 15 minutes



| Ingredients | Metric | Imperial |
|----------------------------------|--------|----------|
| 2 tbsp white quinoa | 22 g | 0.78 oz |
| 500 ml water | 500 g | 17.6 oz |
| Chicken thigh, diced | 100 g | 3.5 oz |
| 3 leaves iceberg lettuce | 75 g | 2.6 oz |
| 6 medium cherry tomatoes | 80 g | 2.8 oz |
| 1 medium green kiwifruit, peeled | 100 g | 3.5 oz |
| 1 tsp wholegrain Dijon mustard | 6 g | 0.21 oz |
| 1½ tbsp rice wine vinegar | 22 g | 0.78 oz |
| 1 tbsp perilla oil | 14 g | 0.49 oz |
| Salt, to season | | |
| Black pepper, to season | | |

Method

1. Combine quinoa, water, and salt in a pot and bring it to a boil. Once boiling, reduce the heat to low and simmer for about 15 minutes. Drain the quinoa using a sieve and set it aside.
2. Lightly season the chicken thighs with salt and pepper. Heat a frying pan over medium heat and place the chicken skin-side down. Cover with a lid and cook until the skin is golden and crispy. Flip the chicken and cook until fully cooked through. Once done, let it cool.
3. Tear the lettuce into bite-sized pieces, cut the tomatoes into quarters, and dice the kiwi into 1cm cubes.
4. In a bowl, combine Dijon mustard and rice vinegar. Whisk thoroughly, then gradually add perilla oil while whisking until the mixture turns white and creamy. Season with salt and pepper to taste.
5. Mix the cooked quinoa, roasted chicken, prepared vegetables, and kiwi together. Toss with the dressing until everything is evenly coated. Serve and enjoy!

| Nutrition Information (per serve) | |
|-----------------------------------|-------------------|
| Energy | 1026 Kj / 245 cal |
| Protein | 17.20g |
| Carbohydrates | 18.00g |
| Sugar | 10.20g |
| Total Fat | 10.70g |
| Saturated Fat | 1.50g |
| Fibre | 4.00g |