



**Miele**

# Pesto chicken and quinoa salad

By Miele

**10 minutes**

Preparation Time

**16 minutes**

Cooking Time

**6-8**

Serves

## INGREDIENTS

### Salad

1 cup quinoa  
1 ½ cups water  
400g chicken tenderloins  
200g green beans  
2 celery stalks, finely sliced  
2 spring onions, finely sliced  
100g rocket  
½ red chilli, thinly sliced  
2 tablespoons pinenuts, toasted  
Basil leaves for garnish

### Dressing

½ cup olive oil  
Zest and juice of a lemon  
1 clove garlic  
2 tablespoons capers  
¼ cup basil leaves  
½ red chilli  
salt

## **METHOD**

### **Dressing**

1. Place the dressing ingredients in a food processor and blend until smooth.

### **Salad**

1. Place quinoa and water in a solid steam tray, place into oven on shelf position 1. Steam 100°C for 11 minutes.
2. Place chicken on a solid steam tray on shelf level 2, leave the quinoa in the oven. Steam 100°C for 3 minutes.
3. Place green beans on a perforated steam tray, place in the oven on shelf level 3, leave the quinoa and chicken in the oven, steam 100°C for 2 minutes.
4. Allow the quinoa to sit without stirring until cool.
5. In a large bowl mix celery, spring onions, rocket, quinoa and ½ the dressing, season.
6. Place on a large serving platter and arrange the chicken and green beans on top of the quinoa mix and dress with the remaining dressing, sprinkle with pinenuts, chillies and basil leaves.

### **Note**

- You can use one kind of quinoa or ½ red and ½ white works well.