

Miele

Peri peri chicken with quinoa salad

By Miele

30 minutes, plus marinating time

Preparation Time

40 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Peri peri chicken

12 small red chillies, seeds removed and sliced
3 garlic cloves, roughly chopped
2 tbsp olive oil
1 lime, juiced
½ tsp salt flakes
¼ tsp cracked black pepper
2 tsp sweet smoked paprika
2 tbsp red wine vinegar
2 tsp Worcestershire sauce
6 medium chicken breasts (approximately 1.2 kg)

Quinoa salad

2 tbsp olive oil
3 garlic cloves, crushed
1 jalapeño chilli, minced
400 g (2 cups) mixed coloured quinoa, rinsed
500 ml (2 cups) vegetable stock
1 tsp cumin
½ tsp chilli powder
2 tsp salt flakes
½ tsp cracked black pepper
2 medium sweetcorn cobs, kernels stripped
1 x 425 g tin black beans, drained and rinsed
2 medium avocados, cubed
250 g cherry tomatoes, quartered
1 large red capsicum, diced
½ medium red onion, finely diced
2 limes, juiced
½ cup fresh coriander, chopped

To serve

Fresh coriander
Lime wedges
Sour cream (optional)

METHOD

Peri peri chicken

1. Prepare the peri peri marinade by adding the ingredients into a food processor. Process until well combined.
2. Place the chicken in a glass or ceramic dish. Pour the marinade over the chicken, cover and marinate in the fridge for up to 4 hours.

Quinoa salad

1. Place oil, garlic, jalapeño chilli, quinoa, stock, cumin, chilli powder, salt and pepper into a large unperforated steam container. Place into the steam oven and Steam at 100°C for 17 minutes.
2. Add the corn kernels to the container and steam for a further 3 minutes.
3. Add the black beans to the container and steam for a further 3 minutes.
4. Remove the quinoa and stand for 5 minutes before adding avocado, cherry tomatoes, capsicum, onion, lime juice and coriander. Mix to combine.

To serve

1. Place the peri peri chicken into an unperforated steam container and Steam at 85°C for 15 minutes.
2. In a frying pan over high heat, induction setting 8, sear the chicken until browned on all sides. Rest for 5 minutes.
3. Thickly slice the chicken breast and serve on a platter alongside the quinoa salad.
4. Garnish with fresh coriander and lime wedges. Serve with sour cream (optional).

Alternative appliance method

Miele microwave with steam oven:

- Place the peri peri chicken into an unperforated steam container and cook with Rapid at 85°C for 12 minutes.

Hints and tips

- Cooking time of chicken may vary depending on thickness.
- 1 average sized lime should yield approximately 2 tbsp when juiced.
- If unavailable, replace fresh jalapeños with preserved ones, approximately 10 slices to replace 1 whole jalapeño.
- This recipe is of mild heat, if you prefer hot and spicy, add additional jalapeños and chilli powder to taste.