



Grilled Lemongrass Chicken with Red Quinoa and Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup canola oil divided
- ☐ 1.5 cups chicken broth (or stock)
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 piece ginger peeled ()
- ☐ 1 teaspoon ground coriander
- ☐ 2 stalks lemongrass fresh (tough outer leaves removed)

- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.8 cup quinoa red
- ☐ 1 bell pepper red cored seeded thinly sliced
- ☐ 1.5 teaspoons sea salt plus more to taste
- ☐ 3 medium shallots roughly chopped
- ☐ 20 ounces chicken breasts boneless skinless organic
- ☐ 1 pound sugar snap peas fresh
- ☐ 1 tablespoon tamari sauce (or soy sauce)

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ grill pan

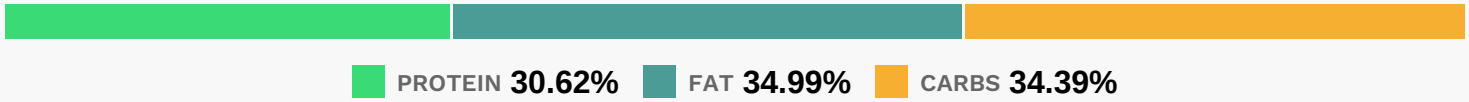
Directions

- ☐ Marinade: Puree shallots, lemongrass, ginger, 1/4 cup oil, lime juice, tamari, sugar, sea salt, pepper, and coriander in a blender until smooth.
- ☐ Place chicken in a baking dish and spoon on marinade, rubbing it on all sides. Cover; chill 1/2 to 2 hours.
- ☐ Heat 2 teaspoons oil in a medium saucepan over medium-high heat. Cook quinoa until toasted, 3 to 4 minutes.
- ☐ Add broth; bring to a boil. Cover, reduce heat to medium-low and simmer until quinoa absorbs liquid, about 20 minutes. Turn off heat; let sit, covered, until ready to serve.
- ☐ Heat a grill pan or skillet over high heat; coat with cooking spray. Cook chicken, turning once, for 4 minutes. Reduce heat to medium. Cook, turning once, until a meat thermometer reads 165 degrees, 10 to 12 minutes.

- ☐
- Remove chicken; let rest two minutes. Slice each breast on the diagonal into 1/2-inch pieces.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:38.949130760587%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 519.4kcal (25.97%), Fat: 20.32g (31.26%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 37.86g (13.77%), Sugar: 13.82g (15.36%), Cholesterol: 92.48mg (30.83%), Sodium: 1628.08mg (70.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.02g (80.03%), Vitamin C: 115.04mg (139.44%), Vitamin B3: 16.83mg (84.16%), Manganese: 1.6mg (80.22%), Vitamin B6: 1.58mg (79.02%), Selenium: 49.82µg (71.16%), Phosphorus: 546.99mg (54.7%), Vitamin A: 2330.56IU (46.61%), Vitamin K: 41.13µg (39.18%), Magnesium: 148.58mg (37.15%), Folate: 143.14µg (35.79%), Potassium: 1196.07mg (34.17%), Vitamin B5: 3.34mg (33.39%), Iron: 5.81mg (32.25%), Vitamin E: 4.5mg (29.97%), Vitamin B1: 0.44mg (29.13%), Fiber: 7.07g (28.29%), Vitamin B2: 0.44mg (26.1%), Copper: 0.41mg (20.4%), Zinc: 2.59mg (17.29%), Calcium: 108.9mg (10.89%), Vitamin B12: 0.3µg (5.02%)