

Chicken with Quinoa & Brown Rice Salad

Ingredients

4 chicken breasts (or roast BBQ chook)
1 1/2 cups quinoa & brown rice
(or pre packaged quinoa & brown rice mix)
Spinach & rocket salad leaf mix
Cherry tomatoes, halved
Olives
1/2 Red Onion, thinly sliced
Pre purchased Italian dressing



Cook chicken on BBQ or grill until cooked through.
Set aside.

If using a roast BBQ chook, shred chicken into bite sized pieces.

Cook rice according to package directions or heat packaged rice through thoroughly.

Combine rice, tomatoes, onions & olives in large bowl. Dress salad.

Serve with sliced chicken breast or shredded chicken.

* To make this a quick one serve only for lunch, I use the single serve packaged rice and left over chicken (or cook up 2 small tenderloins)