

## **Curry Lime Chicken with Lemon Quinoa and Garlic Swiss Chard**

This is a delicious and very quick dish. There is very little prep work involved and it cooks quickly. The Flavors of ginger, garlic, fresh lime and cilantro all compliment each other well and is only 309 Calories!!!

**Cook time:** 25 Mins

**Makes:** 10 Servings

### **What you will need / Ingredients:**

- 6 boneless skinless organic chicken breasts cut up into 1" cubes or thinly sliced
- 3 TBSP Organic Coconut Oil
- 1 Cup Organic Quinoa
- 4 tsp mild curry
- 1 cup chopped organic cilantro
- 1 litre container of organic chicken broth
- 1 organic lemon
- 3 organic limes or ½ cup lime juice
- 2 bunches of organic swiss chard with stalks trimmed and leaves cut
- 2 TBSP organic herb ginger blend (tube found at safeway by fresh herb section)
- 4 cloves fresh organic garlic

### **Directions:**

#### **Lemon Quinoa**

In a medium sauce pan heat 2 cups chicken broth until boiling then add 1 cup dry quinoa. Lower heat, cover and cook for 15 min or until no juices remain – stir occasionally while cooking. Set your timer so it doesn't burn! When quinoa is cooked, squeeze 1 large lemon over it and add ½ cup chopped cilantro. Stir thoroughly to mix all the flavours together.

While quinoa is cooking start on your chicken

#### **Curry Lime Chicken**

Heat 3 Tbsp coconut oil in large non stick pan. Add cut up chicken to heated oil and cook thoroughly until the chicken is no longer pink. Remove the chicken from the pan and place in a bowl. Be sure to keep all of the juices in the pan.

**Sauce** – Add the following to the pan juices:

3 squeezed limes or ½ cup freshly squeezed lime juice

2 Tbsp ground ginger blend

4 tsp mild curry (use hotter if you like things spicy)

Heat on medium and stir until all the curry is dissolved. Add Chicken in and mix together. Add ½ cup fresh cilantro at the end and mix thoroughly once again.

This entire pan makes up 10 servings.

### **Garlic Swiss Chard (Bok Choy or spinach also works well)**

Preheat a large non-stick stir fry pan and add about ¼ cup water to the pan to avoid having to use any oil. Heat up the water and add 6 pressed large garlic cloves. Cook garlic for approx. 1 minute stirring continuously to avoid burning. When garlic is slightly browned, add all of the chopped up swiss chard, add another 1/3 cup water mix thoroughly and steam with a lid on for approx. 2 – 3 min until it is cooked.

### **For a plate consisting of 309 Calories:**

4 oz (weighed) or ¾ cup measured chicken – 161 calories

½ cup cooked quinoa – 113 calories

1 cup swiss chard – 35 calories

Total protein – 24 grams

Total Carbohydrates – 27 grams

Total Fats – 8 grams

**ENJOY!!!!**