

Zesty Moroccan Chicken & Roast Vegetable Salad with Quinoa



 Serves: 4  Prep: 15 minutes  Cook: 45 minutes  [Stack Cup](#)

This zesty chicken is both healthy and delicious!! This chicken is tender, succulent and packed full of flavour, it will quickly become a family favourite.

Make the spice mix in a jar or sealable container as it makes enough to save for later.

Metric

Imperial

ingredients

1 cup butternut pumpkin, diced

115 g

2 medium carrots, diced

	150 g
2 small red capsicum, diced	500 g
2 small zucchini, diced	350 g
1 Tbsp extra virgin olive oil	18 g
½ cup quinoa, rinsed	50 g
1 cup water	250 g
1 tsp turmeric	2 g
Skinless chicken breast, diced	400 g
1 tsp extra virgin olive oil	5 g
1 cup canned chickpeas, drained and rinsed	168 g
2 Tbsp Moroccan spice mix (see below)	20 g
5 cups baby spinach leaves, washed	250 g
Moroccan spice mix:	

5 tsp ground nutmeg	10 g
5 tsp ground cumin	10 g
5 tsp ground coriander	10 g
2½ tsp allspice	5 g
2½ tsp ground ginger	5 g
1¼ tsp black pepper	2 g
1¼ tsp cinnamon	2 g
Dressing:	
1 tsp. smoked paprika*	2 g
1 orange, zest and juice	
1 Tbsp extra virgin olive oil	18 g

Method

Step 1

Preheat oven to 200°C/392°F and line a large baking tray with baking paper.

Step 2

Place diced vegetables on baking tray and drizzle with extra virgin olive oil (season with cracked black pepper if desired) then bake in oven for 20 minutes or until vegetables are soft and golden.

overn for 30 minutes or until vegetables are soft and golden.

Step 3

Meanwhile, add water and turmeric to dry quinoa and cook in a saucepan on a low-moderate heat for 12-15 minutes, stirring occasionally. Cover and stand for a further 5 minutes and then fluff quinoa with a fork.

Step 4

Meanwhile, heat 1 tsp. oil in a large sauté pan or pot and cook chicken until lightly browned. Add 1 Tbsp Moroccan spice mix and chickpeas and cook for a further 2-3 minutes until fragrant. Combine orange juice, orange zest, smoked paprika and olive oil in a small jug, set aside.

Step 5

Add roasted vegetables, quinoa and baby spinach leaves to the cooked chicken and stir until spinach leaves wilt slightly. Add salad dressing and stir to combine.

Hints

- Use microwaveable quinoa or brown rice to save time!
- Make a large batch of Moroccan spice mix in advance and keep on hand in an airtight container in your pantry.

