



Quinoa tabbouleh with chicken breast



Chef Alfredo Oropeza (Mexico)

Serves: 4

Ingredients:

For the tabbouleh

1 cup quinoa
2 cups water
1 small bunch parsley
2 spring onions
1 cup fresh mint leaves
3 tomatoes
½ serrano chilli
2 tbsp olive oil
¼ cup lemon juice
Salt
Pepper

For the chicken

3 green tomatoes
½ onion
1 chile de arbol (arbol chilli), dried
1 chile de arbol, fresh
1 cup coriander (cilantro)
2 tsp ginger
1 chicken breast, boneless, skinless, semi-flattened
3 tbsp olive oil

Preparation:

- Wash the quinoa and cook with the cups of water and a little salt. When ready, cool and set aside.
- Chop the parsley, onion and mint. Seed and finely dice the tomatoes.
- To prepare the tabbouleh place all the ingredients in a bowl and mix thoroughly until perfectly blended. Refrigerate for a few minutes.
- To prepare the chicken, cut the tomatoes into quarters, finely chop the onion and chillies. Wash, disinfect and chop the coriander, including the stems.
- Heat two tablespoons of olive oil in a pan over medium heat, add the tomatoes and stir occasionally.
- When the tomatoes begin to change colour, add the ginger, onion and coriander.
- Cook for 2 minutes until all the ingredients are tender. Be sure to stir the ingredients to avoid burning.
- Crush the preparation with a mortar (or molajete), creating a sauce, and add the chillies. Cool.
- Cut the chicken breast in half and coat with half the sauce. Cook on a hot grill, brushed with one tablespoon of olive oil, until well cooked.
- Leave the chicken to rest for a few minutes before cutting into strips.
- To serve, place a bed of tabbouleh on the plate, top with a portion of chicken and pour the sauce over to taste.