

# Carrot, tomato & chicken quinoa salad

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Preparation 30 mins | Cooking 20 mins | Serves 4-6

Spoon this salad into mason jars or airtight containers, so it's ready for a take-away lunch or a picnic.

- 1 cup white quinoa
- 1 small barbecued chicken
- 2 purple carrots
- 1 orange carrot
- 375g mixed baby tomatoes (heirloom), quartered or halved
- 3 green onions (shallots), trimmed and thinly sliced
- ½ cup small mint leaves, roughly chopped
- 1 cup flat-leaf parsley leaves, roughly chopped
- ½ cup shelled pistachio nuts, roughly chopped
- Lemon wedges, to serve

### Lemon, tahini & yoghurt dressing:

- ½ cup natural Greek-style yoghurt
- 1 tbs tahini
- ¼ cup lemon juice

**STEP 1** Place quinoa in a sieve and rinse in cold water. Combine quinoa and 2 cups water in medium saucepan and bring to the boil over medium-high heat. Reduce heat to low, cover and cook for 15 minutes or until quinoa is cooked and water has been absorbed. Place quinoa into a large bowl. Set aside to cool slightly.

**STEP 2** Meanwhile, shred chicken flesh, discarding skin and bones. Peel carrots. Using a julienne peeler or knife, shred carrots into long thin strips. Plunge carrots into a bowl of iced water. Stand for 5 minutes. Drain and pat dry carrots. Add chicken, carrots, tomatoes, green onions, mint, parsley and pistachios to quinoa. Toss to combine.

**STEP 3** To make dressing, combine all ingredients in a bowl. Season with salt and pepper to taste. Whisk until well combined. Drizzle dressing over salad, gently toss and serve with lemon wedges.

