

Healthy Recipes



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Cajun Chicken with Asparagus & Quinoa

Nutritional Info



Serving Size: 1 Plate

Calories: 390
Fat: 10g
Carbohydrates: 34g
Sugar: 3g
Sodium: 397mg
Fiber: 6g
Protein: 44g
Cholesterol: 118mg

Method

Total time: 30 minutes

Makes: 4 Servings

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat and cover with a lid. Let simmer for 13 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
2. While the quinoa cooks, place your asparagus onto a cutting board and chop off the ends. Next, dice your chicken breasts into 1 inch cubes.
3. Put half of the coconut oil in a pan and warm over medium heat. Add the diced chicken breast and sauté for 7 to 10 minutes, or until cooked through. Add the Cajun seasoning and continue to sauté until the chicken is well coated. Transfer to a small plate.
3. Place the skillet back over medium-high heat and add the remaining coconut oil. Then add the asparagus, sprinkle with garlic powder and cover. Sauté for 5 - 7 minutes or until tender and crisp. Turn off the heat.

Ingredients

- ♥ 1 cup Quinoa (dry)
- ♥ 12 oz. Boneless Skinless Chicken Breast
- ♥ 1 tbsp Coconut Oil (divided)
- ♥ 2 tbsp Cajun Spice
- ♥ 4 cups Asparagus (bunch)
- ♥ 2 cups Water
- ♥ 2 tsp Garlic Powder
- ♥ Sea Salt & Black Pepper (to taste)

Helpful Hint: *This is a super easy dinner packed full of nutrients, quality protein and healthy carbs. If you're not a lover of asparagus, you can switch it out for some broccoli or green beans.*

