



CHICKEN CURRY WITH QUINOA AND SWISS CHARD SALAD

1 porción

INGREDIENTES

- 200 grams of raw skinless chicken breast.
- 1 individual serving of raw quinoa (80 g).
- 1 medium fresh tomato (140 g)
- 1 small carrot (45 g)
- 1 tablespoon of sunflower oil (9 g)
- 1 teaspoon of curry powder (2 g)
- 1/2 medium white onion (70 g)
- 1 fresh garlic clove (4 g)
- 50 grams of raw Swiss chard
- 1 teaspoon of balsamic vinegar (5 g)

MÉTODO DE PREPARACIÓN

- 1º Wash the quinoa thoroughly and cook it in plenty of salted water for 15-20 minutes.
- 2º Cut the chicken into cubes and sauté it in a pan with oil for 5 minutes.
- 3º Add the chopped onion and minced garlic, and sauté for 2 more minutes. Stir in the curry powder and cook for 1 more minute. Season with salt and pepper to taste and add a little water.
- 4º Wash the Swiss chard and dice the tomato and carrot. Combine the Swiss chard, tomato, carrot, and balsamic vinegar in a bowl to prepare the salad.
- 5º Serve the chicken curry with quinoa and the spinach salad.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN (579 g)	% DDR
ENERGÍA	113 kcal	652 kcal	33 %
GRASA	3 g	18 g	27 %
GRASAS SATURADAS	0 g	1 g	7 %
COLESTEROL	20 mg	116 mg	39 %
SODIO	57 mg	328 mg	14 %
H. CARBONO	9 g	54 g	18 %
AZÚCARES	3 g	17 g	—
FIBRA ALIMENTARIA	2 g	10 g	41 %
PROTEÍNA	11 g	61 g	—