

# *Citrus Turmeric*

## *Red Quinoa Salad*

**5 servings**

25 oz chicken breast

225g Red Quinoa

200g Spinach

200g Lettuce

250g shredded carrots

250g cucumber

250g green apple

250g orange

cilantro

150g Lemon Turmeric

Dressing

2 tbsp olive oil



# INSTRUCTIONS

## INGREDIENT MIX

1. Combine all the spices together.

Black pepper  
Chili powder  
Pink Himalayan Salt

## CITRUS TURMERIC RED QUINOA SALAD

1. Be ready. Mix spices, chop all ingredients and have them handy to simply add when it's time.
2. Season chicken breast with spices mix, then grill.
3. Once chicken is grilling cook red quinoa. Cook with 1 tbps olive oil. You will take 225g of quinoa + double in weight of water. (E.g. 225g of quinoa will need 450g of water)
4. While both chicken is grilling and quinoa is cooking, begin chopping veggies and fruits.
5. When chicken is all cooked chop chicken in chipotle style.
5. Use a deep bowl, add all ingredients spinach, lettuce, cilantro, cucumber, carrots, green apple, and oranges with red quinoa and chopped chicken.
7. Add lemon turmeric dressing or dressing of your choice and toss salad, then serve :)
8. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Facebook!