

Nutritious & Delicious Grab & Go Recipes



Impulse Snacks – Chicken & Black Quinoa Tabbouleh

Ingredients (serves 1)

20g Cooked Black Quinoa (cooled)
30g Chicken Leg (poached or steamed, skinned & diced)
20g Cucumber
20g Tomato
¼ Clove Garlic
4g Parsley
4g Mint
1g Lemon Juice
1g Olive Oil

Method

1. Cook the quinoa, drain and cool.
2. Mix the quinoa with the rest of the ingredients and allow to sit for 30 minutes.
3. Mix with the chicken.
4. Add the ingredients to a serving pot.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 100g Serving	% RNI	
Energy kJ	423	5%	425	5%	
Energy kcal	101	5%	102	5%	
Fat	5.0g	7%	5.0g	7%	Med
Saturates	1.0g	5%	1.0g	5%	Low
Total Sugars	1.4g	1%	1.4g	1%	Low
Salt	0.30g	5%	0.30g	5%	Low
Protein	9.0g	-	9.0g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: None