

SEPTEMBER

RECIPE OF THE MONTH

Spring Chicken, Quinoa & Roasted Vegetable Bowl

with Creamy Herb Dressing

Fresh • Colourful • Nourishing



Food that loves you back ❤️



SERVES
4



PREP TIME
15 minutes



COOK TIME
25 minutes



MEAL-PREP FRIENDLY ✓
GLUTEN FREE ✓

INGREDIENTS

For the bowls

500 g chicken breast or thigh fillets
1 cup quinoa, rinsed well
2 cups water or low-sodium stock
2 medium carrots, chopped
2 zucchini, chopped
2 cups pumpkin or butternut, cubed
1 bunch asparagus, trimmed and chopped
2 tablespoons extra virgin olive oil
Salt, if suitable
Fresh parsley and chives, to finish

Creamy Herb Dressing

¾ cup lactose-free natural or Greek-style yoghurt
1 tablespoon extra virgin olive oil
2 tablespoons finely chopped fresh parsley
1 tablespoon finely chopped chives
1 tablespoon finely chopped coriander (optional)
1–2 tablespoons water, to thin
Salt, to taste (if suitable)



FOOD SENSITIVITY SWAPS

- Use vegetables and herbs you know you tolerate.
- Swap chicken for another tolerated protein.
- Use a different yoghurt or creamy base if needed.
- Leave out any ingredients that don't love you back.
- This recipe is a guide – make it work for you! ❤️

METHOD

- 1 Roast the vegetables**
Preheat oven to 200°C fan-forced. Place carrot, zucchini and pumpkin on a lined baking tray, toss with 1 tablespoon olive oil. Roast for 20–25 minutes, adding the asparagus for the final 8–10 minutes, until tender and lightly golden.
- 2 Cook the quinoa**
Place rinsed quinoa and water or stock in a saucepan. Bring to the boil, reduce heat, cover and simmer for 15 minutes, or until liquid is absorbed. Remove from heat and leave covered for 5 minutes, then fluff with a fork.
- 3 Cook the chicken**
Brush chicken with remaining olive oil and season to taste. Cook in a frying pan over medium heat until golden and cooked through. Rest for 5 minutes before slicing.
- 4 Make the dressing**
Combine yoghurt, olive oil, parsley, chives and coriander in a bowl. Add water to reach your preferred consistency. Season to taste.
- 5 Build your bowl**
Divide quinoa between four bowls. Top with roasted vegetables and sliced chicken. Drizzle with creamy herb dressing and finish with fresh herbs.



MEAL-PREP TIP

Cook the quinoa, chicken and vegetables ahead and store them separately in the fridge. Keep the dressing in its own container and assemble when you're ready to eat. For food-safety, cool ingredients promptly and use within a few days.

Nourishing meals for a vibrant you ~ ❤️

Healthy Living
with Julie-Ann

NUTRITION • REAL FOOD • HAPPIER DAYS
www.julieannwrightson.com