

CHICKEN, KALE & HEMP SEED SALAD



LifeShape Clinic

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INGREDIENTS (SERVES 2)

150g cooked chicken, no skin

½ cup cooked quinoa

Handful salad mix

1 clove garlic, minced

2 cups kale de-stemmed

1 cup broccoli

2 teaspoons hemp seeds

Tahini Ginger Sauce

2 teaspoons tahini

¼ cup lime juice

2 teaspoons tamari sauce

1 teaspoon grated ginger

2 teaspoons turmeric

1 teaspoon maple syrup

2/3 cup water

METHOD

1. In a non-stick frying pan sauté garlic, kale and broccoli for 3 minutes.
2. Meanwhile, blitz the sauce ingredients in a blender or food processor.
3. In a large bowl, toss all vegetables quinoa and chicken. Add sauce and toss again until coated.
4. Sprinkle with raw hemp seeds before serving.

Nutrition Guide

PER SERVE

Energy (cal) 322cal

Protein 32g

Fat 12.5g

Saturated Fat 2.1g

Carbohydrate 14g

Sugar 5.2g

Sodium 336mg

Fibre 7.9g

RECIPE VARIATION

1200

Lunch Requirement: 270 - 300 cal

Meets Requirements: Yes

Total Meal Calories: 322 cal

1500

Lunch requirement: 370 - 400 cal

Meets requirements: No

Recommendations: Increase chicken to 200g and increase quinoa to 1 cup

Total meal calories: 400 cal

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