

QUINOA, CHICKPEA & CHICKEN TABOULI

<i>Ingredients</i>	<i>Equipment</i>
1 Cup Quinoa	Saucepan
1 Cup Water	Cup & Spoon Measures
1 Chicken Thigh Fillet	Colander
2 400 Gram Tins Chick Peas	Chopping Boards
1 Handful Fresh Mint	Knives
1 Handful Fresh Flat Leaf Parsley	Garlic Crusher
3 Tomatoes	Juicer
2 Cloves Garlic	Mixing Bowl
1 Red Onion	Electric Frypan
1 Lemons Juiced	Wooden Spoon
2 Teaspoons Soya Sauce	Tongs
Oil for Frying	
1 Teaspoon Salt	

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. Place the water and quinoa in the saucepan (lid on) and place on a medium heat until all liquid is absorbed, Transfer to a bowl to cool.
4. Cut the chicken into small pieces
5. Drain the chickpeas in the colander and wash under cold water.
6. Chop mint and parsley
7. Chop Tomatoes
8. Peel and crush garlic
9. Peel and dice the red onion.
10. Juice the lemon.

11. Heat oil in the frying pan. Cook the chicken in the frypan.
12. Towards the end of the cooking add the soya sauce to the chicken. Remove from heat.
13. Add all the ingredients into the quinoa.
14. Mix through the lemon juice and salt.
15. Enjoy.