

Quinoa Chicken Primavera



Prep:

10 mins

Total:

1 hour

Sirve:

8 - 10 servings

Pieza:

6 Qt. Tureen Plus (Limited Edition) Complete Gourmet Collection
Saladmaster Food Processor

Valora: ★★★★★

Contribuido por:

Aurelia Green

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Descripción de la Receta:

Don't you just love those one-pan meals? Well, here's one that is healthy and easy to make! Filled with juicy chicken and protein-packed quinoa, this Quinoa Chicken Primavera is full of delicious flavor and is guaranteed to become a staple in your everyday cooking.

- 1 ½ cups
quinoa, uncooked
- 1 lb
chicken breast, boneless and skinless
- 7 cups
chicken broth, divided
- 6 cloves
garlic, shredded, use Cone #1
- ½ tsp
parsley, dried
- ½ tsp
thyme, dried
- ½ tsp

basil, dried
2 cups
green beans
6 oz
pesto
2 ½ cups
frozen peas
squeeze of lemon juice
fresh parsley to garnish
parmesan or asiago cheese, shredded
bacon crumbles

Preparación :

1. Add the chicken, quinoa, 4 cups of broth, garlic and seasonings to the Tureen Plus. Season to taste with salt and pepper, if desired.
 2. Cover and set heat to medium. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 35 minutes.
 3. After 35 minutes, uncover. If the chicken mixture is sticky you can add the remaining 3 cups of broth to make it more like a risotto consistency.
 4. Add the pesto, peas, green beans and lemon juice into the Tureen Plus and combine. Cover and cook for an additional 10 minutes.
 5. Top with fresh herbs and shredded parmesan or asiago cheese and bacon crumbles if desired.
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