

Crispy chicken with quinoa salad



10 persons



Ingrediënten

- 10 pcs Crispy Chicken
- 500 g quinoa
- 300 g peas
- 300 g beans
- 300 g young carrots
- 300 g broccoli
- 1 dl mango vinegar
- 1 dl corn oil
- 0,5 dl sesame oil
- 1 pomegranate
- 9 dl vegetable stock
- A few mint leaves
- Pepper & salt

Bereiding

Combine the quinoa and the vegetable stock, boil for 5 minutes and let it rest for another 15 minutes. Allow the quinoa to cool.

Top and tail the beans.

Cook the peas and beans separately in the “English” manner. [Boil in salted water until just ready]. Refresh the peas and beans. Cut the beans into oblique pieces.

Peel the young carrots and clean the broccoli florets. Slice the young carrots and briefly blanch the broccoli florets. Now mix all the vegetables with the quinoa and season with pepper and salt.

Mix the mango vinegar, corn oil and sesame oil. Season the mango dressing with pepper and salt. Mix the dressing briefly with a hand blender.

Cut the pomegranate in 2 and remove the seeds. Fry the Crispy chicken and serve with the quinoa salad, apply the dressing and finish with pomegranate seeds and mint leaves.

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