



Toasted Quinoa with Chicken & Mango

2/3 cup (5 oz./155 g.) quinoa

2 cups water

3 tbs. low-fat plain yogurt

1 tbs. fresh lemon juice

1 tsp. peeled and grated fresh ginger

1 tsp. honey

1/4 tsp. sea salt, plus more, to taste

2 cups (10 oz./315 g.) diced mango

3/4 cup (4 oz./125 g.) seeded and sliced cucumber

4 boneless, skinless chicken breast halves, each about 6 oz. (185 g.)

Freshly ground pepper, to taste

1 tbs. grapeseed or canola oil

Torn fresh mint for garnish

Put the quinoa in a fine-mesh strainer. Rinse thoroughly under running cold water and drain. Transfer the wet quinoa to a dry nonstick sauté pan and place over medium heat. Toast the quinoa, stirring constantly, with a wooden spatula, until the grains are dry, 2 to 3 minutes. Increase the heat to medium-high and continue stirring until the grains start popping and the quinoa is lightly browned, about 6 minutes. Remove from the heat and pour in the 2 cups water; be careful, as it will splatter. Return the pan to medium-high heat, cover and bring to a boil, then reduce the heat to medium-low and simmer gently until the quinoa is tender, about 15 minutes.

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Meanwhile, in a bowl, whisk together the yogurt, lemon juice, ginger, honey and the 1/4 tsp. salt. Add the mango and cucumber and stir to coat evenly. Set aside.

One at a time, place the chicken breasts between 2 pieces of plastic wrap and lightly pound with a meat pounder to a thickness of about 1/2 inch. Season the chicken generously on both sides with salt and pepper. In a large nonstick fry pan over medium-high heat, warm the oil. Working in batches if necessary to avoid crowding the pan, add the chicken and reduce the heat to medium. Cook, turning once, until nicely browned and opaque throughout, 4 to 5 minutes per side. Transfer the chicken to a plate and cover loosely with aluminum foil.

To serve, fluff the quinoa with a fork and divide among 4 warmed individual plates. Slice the chicken and place it on top of the quinoa. Top with the mango-yogurt mixture and mint and serve immediately. Serves 4.

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