

High-Protein Chicken and Quinoa Stir-Fry

A quick and easy high-protein meal perfect for the whole family. Packed with lean chicken and nutrient-rich quinoa, this dish is both satisfying and nutritious.


25 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 100g boneless skinless chicken breast, diced
- 50g quinoa
- 1/2 cup mixed vegetables (bell peppers, broccoli, carrots)
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tsp olive oil
- Salt and pepper to taste

Steps

- 1 Rinse quinoa under cold water and cook according to package instructions (about 15 minutes).
- 2 Heat olive oil in a pan over medium heat.
- 3 Add minced garlic and sauté until fragrant.
- 4 Add diced chicken, season with salt and pepper, and cook until browned and cooked through (about 7-8 minutes).
- 5 Add mixed vegetables to the pan and stir-fry for 3-4 minutes until tender-crisp.
- 6 Stir in cooked quinoa and soy sauce, mixing well to combine all ingredients.
- 7 Cook for an additional 2 minutes to heat through and absorb flavors.
- 8 Serve warm.