

Lemon Herb Grilled Chicken with Quinoa Salad

A healthy and flavorful grilled chicken breast marinated in lemon and herbs, served alongside a refreshing quinoa salad packed with fresh vegetables. Perfect for a nutritious single-serving meal.



Main Dish

30 min

Total time

Easy

Difficulty

420

kcal / serving

Ingredients

- 1 skinless, boneless chicken breast (about 150g)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- 1/3 cup quinoa (uncooked)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon balsamic vinegar

Steps

- 1 In a small bowl, combine olive oil, lemon juice, minced garlic, oregano, salt, and pepper.
- 2 Marinate the chicken breast in the mixture for at least 15 minutes.
- 3 While marinating, rinse quinoa under cold water and cook according to package instructions (usually 15 minutes).
- 4 Grill the marinated chicken over medium heat for 6–7 minutes per side or until fully cooked.
- 5 In a bowl, mix cooked quinoa with cherry tomatoes, cucumber, parsley, and balsamic vinegar.
- 6 Serve the grilled chicken sliced over or beside the quinoa salad.