

Quinoa Chicken Stew (Guiso de Quinoa y Pollo)

A hearty Andean main dish featuring protein-rich quinoa and tender chicken simmered with native vegetables and aromatic herbs. This warming stew captures the comforting flavors of the Andes in a simple, satisfying meal.



Main Dish

Andean

35 min

Total time

Easy

Difficulty

370

kcal / serving

Ingredients

- 80g chicken breast, diced
- 40g uncooked quinoa
- 1 small potato, peeled and diced
- 20g carrot, diced
- 1/4 small red onion, finely chopped
- 1 garlic clove, minced
- 1/4 tsp ground cumin
- 300ml chicken broth
- 1 tbsp chopped fresh cilantro
- 1 tsp olive oil
- Salt and black pepper, to taste

Steps

- 1 Rinse the quinoa thoroughly under cold water.
- 2 Heat olive oil in a small saucepan over medium heat; add onion and garlic, sauté until soft.
- 3 Add chicken; cook until lightly browned on all sides.
- 4 Stir in cumin, carrot, potato, and rinsed quinoa; mix well.
- 5 Pour in chicken broth, season with salt and pepper, and bring to a boil.
- 6 Reduce heat, cover, and simmer for 20 minutes, until vegetables and quinoa are tender.
- 7 Stir in chopped cilantro and adjust seasoning before serving hot.