



**CHLOË BOWLER**  
complete wellbeing

## **CHICKEN SALAD**



### **Ingredients**

- 150g Chicken mini-fillets
- 2 Artichoke hearts
- ½ cup Quinoa
- 1 Egg
- 3 Asparagus spears
- 1 tbsp Sweet Chilli Sauce

### **Instructions**

1. Paste the chicken in sweet chilli sauce and cook under a high grill.
2. Add the quinoa to a pan with double the amount of water then simmer for 10 minutes.
3. In a separate pan, boil some water and cook the asparagus for 2 minutes. Keep the water boiling when you have removed the asparagus, and then poach an egg to place on top.
4. Mix all the ingredients on a plate, and add the poached egg. Season with plenty of pepper and enjoy.

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