Turmeric chicken & spinach salad

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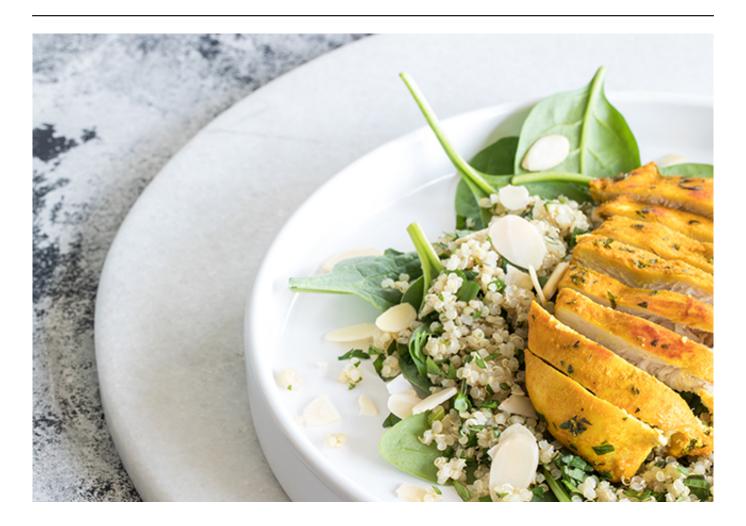
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Swap out your boring lunches for this refreshing salad by Nadia Felsch.

Quinoa is a seed, not a grain, so technically falls under the paleo-approved foods banner. However, not everyone agrees on quinoa as a healthy grain. If you'd prefer to swap it out, try adding 'riced' (finely chopped) cauliflower instead.

Rather than the regular cut of meat you buy, you could try buying the whole animal. Such as a chicken and either using the varying parts in different ways or roasting it whole and using the bones afterwards in stocks, sauces and stews. This recipe calls for chicken breast, but any part of the bird will do.

Chicken

- 2 sprigs fresh oregano, chopped
- 1 tsp ground turmeric
- 1 tbsp olive oil
- 2 skinless chicken breasts
- (200 g each)
- Salt and pepper

Salad

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- 1 heaped cup fresh parsley and mint leaves
- 2 tbsp almond flakes
- 1 heaped cup baby spinach leaves
- 2 tsp olive oil

Method

Combine oregano, turmeric, and oil in a bowl. Add chicken breast, toss to coat and season with salt and pepper.

Heat a large frypan on medium-high heat and cook each side for 4 to 5 minutes or until completely cooked through. If chicken is particularly thick, butterfly the breast for optimal cooking results.

To make the salad, roughly tear herbs into a mixing bowl and add remaining salad ingredients and toss to combine.

Divide salad between plates and top with cooked chicken and serve immediately.

Recipe & Photography: [Nadia Felsch](#)

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