

## Butternut Squash and Quinoa One-Pot

Butternut Squash and Quinoa One Pot - quick and easy to make. A hearty and filling family meal option - It also includes a whole food which I talk about in the week 3 nutrition tutorial video.

### Ingredients (serves 2)

140g Lean chicken breast per person, diced (preferably organic or free-range)

Zest and juice of one lemon

½ Butternut squash, peeled and diced

1 Raw onion, chopped

12 Cherry tomatoes

4 Sprigs fresh coriander

30g Quinoa per person

4 tsp Cumin powder

400g Tin chopped tomatoes

400g Water

2 tsp Chilli paste

Sea salt and black pepper for seasoning

### Method

Heat a large casserole dish over a medium heat. Add the chilli paste, spices and chopped onion, stir and cook gently for 5 mins until soft. Once soft, add the diced chicken and fry for 5-10 mins. Add peeled and diced butternut squash, stirring regularly and fry for 5 minutes. Add the canned tomatoes, water, bring to the boil and allow to simmer for 20-30 minutes. Add the lemon zest and juice, cherry tomatoes, quinoa and seasoning. Cover and turn off the heat. Leave on the hob for 10 mins then stir through the coriander and check the seasoning before serving.

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