

Mexican Quinoa Bowl

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-quinoa-bowl-recipe>

Ingredients:

- 1 courgette chunkily sliced
- 1 1/8 cups plum tomatoes baby
- 1 red onion chopped into wedges
- 1 tablespoon rapeseed oil
- 1 teaspoon smoked paprika
- 1 packet quinoa Mothergrain spicy Mexican
- 2 handfuls roast chicken leftover, or use shop bought ready cooked chicken breasts
- 2 handfuls baby spinach
- 1 avocado peeled and cut into slices
- chilli sauce Spicy Mexican, to serve

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 165 milligrams
4. Fat: 26 grams
5. Fiber: 11 grams
6. Protein: 18 grams
7. SaturatedFat: 4 grams
8. Sodium: 160 milligrams
9. Sugar: 10 grams

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