

The BBQ Baker, Out of the Ord

Red Grapefruit, Chicken and Quinoa Salad

Ingredients:

- 2 x red grapefruit, sliced, all white pith removed
- 4 Chicken Tenders (frozen section)*
- Three colour quinoa
- 1 avocado
- 1 cob of fresh corn
- half block of Danish feta
- Whatever dressing you like..... I used 2 teaspoons freshly squeezed grapefruit juice - 1/2 teaspoon coconut oil - 1 teaspoon balsamic vinegar.



Method:

- Place chicken tenders in the oven and cook according to packet instructions (approx. 25 minutes, then cook quinoa according to packet instructions (I microwaved mine - approx. 10 minutes).
- Dice, crumble and slice 1 red grapefruit, avocado, fetta and corn and mix together in a big bowl. Juice the other red grapefruit if you plan on using it in your dressing and make the dressing.
- Allow the quinoa to cool a little before mixing it through the salad, and once the chicken is ready chop into bite sized pieces and mix through the salad - you can save some big chunks for the top if you like.
- Voila - takes about 30 or 40 minutes.

Notes:

I had every intention to use fresh chicken wrapped in pancetta, but I forgot to defrost the chicken so I made do with some frozen crumbed chicken I had.

Find online: [Here](#) at the BBQbaker.com

