

Orange Spiced Chicken with Spinach

This recipe makes 1 serving

Each serving = 1 protein, 1 vegetable, 1 fruit

This works well with beef or fish too as the protein and/or onions, beet greens or broccoli (if you can eat broccoli)

Ingredients

- 100 grams chicken (skin removed, no visible fat)
- 100 grams spinach (cooked)
- 1 orange peeled and cut into small pieces
- ¼ cup spiced chai tea (see recipe on our site under 'extras')



Directions

- Pour spiced chai tea into pan.
- Add chicken pieces, simmer on medium heat till chicken is well cooked.
(This works well with frozen chicken tenders. Put frozen meat in pan with tea & simmer till done).
- Place spinach, oranges and chicken and juice from pan in a bowl.
- Toss with sea salt, pepper, herbs and spices.

Enjoy!

