



## Grilled Lemongrass Chicken with Red Quinoa and Vegetables

SELF | July 2009

Chef Akasha Richmond - Akasha

Chef and owner Akasha Richmond creates local, seasonal, organic dishes for green-chic celebs. This high-protein favorite fuels stars in need of mega energy on-set.

### Ingredients

- 3 medium shallots, roughly chopped
- 2 stalks fresh lemongrass (tough outer leaves removed)
- 1 piece ginger (about 1 1/2 inches), peeled
- 1/4 cup plus 5 teaspoons canola oil, divided
- 1/4 cup fresh lime juice
- 1 tablespoon tamari (or soy sauce)
- 2 tablespoons light brown sugar
- 1 1/2 teaspoons sea salt, plus more to taste
- 1 teaspoon freshly ground black pepper
- 1 teaspoon ground coriander
- 4 boneless, skinless organic chicken breasts (about 5 ounces each)
- 3/4 cup red quinoa
- 1 1/2 cups chicken broth (or stock)
- Vegetable oil cooking spray
- 1 pound fresh sugar snap peas, strings removed
- 1 red bell pepper, cored, seeded, and thinly sliced
- 2 tablespoons chopped fresh mint

### Preparation

Marinade: Puree shallots, lemongrass, ginger, 1/4 cup oil, lime juice, tamari, sugar, sea salt, pepper, and coriander in a blender until smooth. Place chicken in a baking dish and spoon on marinade, rubbing it on all sides. Cover; chill 1/2 to 2 hours. Heat 2 teaspoons oil in a medium saucepan over medium-high heat. Cook quinoa until toasted, 3 to 4 minutes. Add broth; bring to a boil. Cover, reduce heat to medium-low and simmer until quinoa absorbs liquid, about 20 minutes. Turn off heat; let sit, covered, until ready to serve. Heat a grill pan or skillet over high heat; coat with cooking spray. Cook chicken, turning once, for 4 minutes. Reduce heat to medium. Cook, turning once, until a meat thermometer reads 165 degrees, 10 to 12 minutes. Remove chicken; let rest two minutes. Slice each breast on the diagonal into 1/2-inch pieces. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Cook sugar peas and peppers until crisp-tender, about 3 minutes. Season with salt and pepper. Turn off heat. Add mint and toss. Divide quinoa among 4 plates. Top each with 1 sliced chicken breast and 1/4 of the vegetables.