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Quinoa Stir-Fry

Ingredients

3/4 cup quinoa
1 cup water
1 oz. vegetable oil
1 red bell pepper, julienned
1 small carrot, julienned
1 clove garlic, sliced
2 tsp. grated ginger root
1/8 tsp. mild red pepper flakes
10oz. mixed vegetables (broccoli florets, snow peas, asparagus, etc.)
Black pepper
1 large egg, beaten
4 oz. cooked chicken breast, chopped
1oz. soy sauce
2 spring onions, chopped
2oz. coriander, roughly chopped
Juice of ½ lime

Preparation

- 1 For the quinoa: Rinse the quinoa once
- 2 Add the quinoa and water to a saucepan and bring to boil on a high heat
- 3 Once it reaches a boiling point reduce the heat to medium and simmer until the water has been absorbed
- 4 Set aside for 5 minutes and fluff with a fork
- 5
- 6 For the stir-fry: Heat half the oil in a wok and add the carrots and bell pepper, cook until softened
- 7 Add the garlic and ginger and stir-fry for half a minute
- 8 Stir in the red pepper flakes, black pepper and mixed vegetables
- 9 Remove vegetables from the wok and set aside
- 10 Return the pan to heat, and add the remaining oil
- 11 Add the quinoa and egg, and stir-fry to cook the egg
- 12 Return the vegetables to the pan along with the remaining ingredients
- 13 Stir to combine, and cook, stirring occasionally, for 1 minute.

Cooks Note
