

Quinoa Fried Rice

Makes: 4 servings

Preparation time: less than 30 minutes

1 cup (250 mL) uncooked quinoa OR 3 to 4 cups (750 mL to 1 L) cooked quinoa

2 tbsp (30 mL) sesame or canola oil

1 tsp (5 mL) minced garlic

1 tsp (5 mL) minced fresh ginger root

Half a medium yellow onion, finely diced

1 cup (250 mL) diced celery

1 cup (250 mL) peas, frozen

1 cup (250 mL) corn, frozen

1 cup (250 mL) shredded or cubed carrot

2 tbsp (30 mL) mirin or rice wine vinegar

2 eggs

Optional: 1 to 2 cups (250 to 500 mL) cooked tofu or cubes of cooked chicken, pork or beef

Salt and pepper, extra soy sauce and Sriracha, to taste

4 green onions, sliced, and/or crispy cooked shallots for garnish

If you don't have leftover cooked quinoa on hand, bring 2 cups (500 mL) water, 1 cup (250 mL) uncooked quinoa and 1 tsp (5 mL) salt to a boil in a small saucepan. Let simmer for about 15 minutes, then let stand for another 5 minutes, covered, before fluffing with a fork. Allow quinoa to cool while you prepare other ingredients.

Add sesame or canola oil to a wok over medium-high heat. Sauté garlic and ginger for 1 minute.

Add onions and celery and sauté for 1 minute; add frozen peas and corn and sauté until thawed.

Add grated or cubed carrot, stir-fry 1 minute more.

Add quinoa, soy sauce and mirin. Cook for 3 to 5 minutes, stirring occasionally, until quinoa has absorbed the liquid.

Push fried quinoa mixture to the sides of the wok; crack eggs inside the hole and let cook for 1 to 2 minutes. Gently mix the quinoa and eggs.

Add fried or roasted tofu or cubed cooked meats and mix again. Continue cooking, stirring gently, until egg is completely cooked and any added meat is hot through. Season with salt and pepper.

To serve, divide quinoa fried rice into bowls and top with Sriracha, sliced green onion and crispy fried shallots if desired.