



CHICKEN FRIED QUINOA

SERVINGS: 4 | PREP TIME: 10 MINS | COOK TIME: 15 MINS

INSTRUCTIONS:

1. Prepare your Quinoa in a Rice Cooker the day before. This allows for the correct texture in your final dish. I replaced the water with chicken broth in my rice cooker
2. Whisk 3 eggs seasoned with salt and pepper to taste. Cook eggs omelette style over medium low heat. Cut into small cubes and set aside.
3. In a medium bowl, toss chicken with Sesame Oil and season with salt and pepper to taste
4. Heat oil over high heat in a large frying pan, add chicken and stir fry for approximately 2 minutes or until light golden brown
5. Add onion and garlic to pan and sauté until onions are soft. About 3-4 more minutes
6. Stir in green onions
7. Add quinoa to pan and evenly distribute, then let cook 2 minutes
8. Continue to stir fry
9. Add ½ bag of frozen peas and carrots, stir
10. Add soy sauce and mix together
11. Once peas and carrots are fully warmed, cover with foil and let sit for 2 minutes
12. Serve

INGREDIENTS:

3 Eggs
1.5 - 2 pounds chicken, cut into small chunks
Sesame Oil (for chicken)
2-3 TBSP. olive oil
4 cups cooked quinoa (day old is best)
salt and pepper
1 onion, chopped
2 garlic cloves, minced
4-6 green onions
3 TBSP. soy sauce