

QUINOA FRIED RICE

(slightly modified from 84th & 3rd)

2 cups quinoa, cooked and cooled (I used red quinoa)
a little olive oil
4 slices ginger, sliced into thin strips
1 small Serrano chili, finely diced
1 bunch of cilantro leaves, minced
1/2 yellow bell pepper, diced
large handful green beans, cut into small lengths
2 medium zucchini, diced
3 scallions ,white and light green part only, thinly sliced
1 Tbsp soy sauce
2 tsp sesame oil

Add a small splash of olive oil to the hot pan. Fry ginger and garlic for 30 sec stirring constantly, add chili and cilantro and fry for a further 30 sec.

Add bell pepper and beans, toss or stir for a couple of minutes. Add zucchini and green onions and toss for a couple of minutes more.

Push veggies to edges to make a hole in the center. Drizzle in 2 tsp sesame oil, wait for it to heat up and dump in quinoa. Stir in center of pan for 30 seconds then toss with veggies to mix everything together. Drizzle in tamari and toss to combine.

Serve with extra scallions, and cilantro.