

MARIAM SHIBLY

Stir-fry Veggie Quinoa Recipe

SIMPLE RECIPE

Ingredients

Makes about 4-6 servings

- 3 cups of quinoa
- 4 cups of water (to make quinoa)
- 1 bag of organic carrots
- 2 bunches of green onions
- 1 orange bell pepper
- 2-3 baby bok choys
- 2 small bags of babycorn (Trader Joe's)
- sesame oil
- olive oil to cook
- soy sauce
- salt and pepper to taste

Directions

1. Make quinoa in pressure cooker / InstaPot (rice setting on seal) and add 1/2 tsp of olive oil and water.
2. Chop all vegetables in desired bite form (I use the food processor for the carrots).
3. Warm up olive oil in a wok and toss baby corn around, add 1-2 tsp of soy sauce and ample salt and pepper. Put aside in the large mixing bowl when done.
4. Repeat #3 with orange bell pepper and add to the large mixing bowl when done.
5. Warm up sesame oil, lightly coat green onions, add 1-2 tsp of soy sauce, salt and pepper. Add to the mixing bowl when done.
6. Repeat #5 with bok choy and baby carrots.
7. When quinoa is cooked, mix in all the cooked veggies into the quinoa.
8. Add the quinoa mixture into the wok, add soy sauce, salt and pepper to taste. Mix in 2 tsp of oil and voila!



Notes

- optional - add your choice of protein
 - if you're cooking tofu or chicken - flavor it with Trader Joe's sweet chili sauce in addition to step #3.
- when the quinoa is done in the rice cooker, let it sit for 2-3 minutes and then let it vent while you're stir-frying the veggies.
- you're welcome to add more veggies like mushroom or broccoli, just keep in mind broccoli tends to go bad quicker so enjoy all of it sooner.
- don't go too heavy on the salt, let it for a few hours-overnight, the flavor enhances next day and then add more salt if needed.