



Vegetable Fried Quinoa

Made with ♥ By Shannon

Prep time: 15 minutes

Cook time 15 minutes

Directions:

1. Mix 1 cup quinoa with 2 cups water in a medium saucepan. Bring to a boil. Lower temperature to a simmer, cover and cook 15 minutes. When done remove from heat.
2. While quinoa is cooking, dice celery and scallions, slice mushrooms.
3. Preheat wok to medium- high heat. Add 2 Tbsp. coconut oil. Add celery and mushrooms/carrots to wok. Stir regularly for even cooking. Cook for 5 minutes.
4. Add scallions and cook for another 3 minutes. Continue to stir regularly.
5. Next add sprouts, garlic and ginger and cook for another 3 minutes.
6. Add cooked quinoa, salt, soy sauce, sesame oil, and hoisin sauce. Mix well.
7. Add peas. Stir well.
8. Finally, move ingredients up the sides of the wok. Add ½ Tbsp. coconut oil to the middle of the wok. Scramble eggs and add them to the center of the wok. Cook for 2 minutes, stirring regularly. Mix the eggs in with all the other ingredients.
9. Enjoy vegetable fried quinoa.

Ingredients:

1 cup quinoa
2 ½ Tbsp. coconut oil
1 cup diced celery
½ pound sliced mushrooms or 1 cup diced carrots
6 scallions
1 package bean sprouts
½ tsp ginger
3 cloves garlic
1 tsp salt
3 Tbsp. soy sauce
2 Tbsp. sesame oil
1 Tbsp. hoisin sauce
1 cup frozen peas
2 eggs