

Chicken and Egg Quinoa fried “rice”



A favourite Asian dish, with a twist. Our healthier version of fried rice is gluten free and packed with flavours and veggies!

Ingredients

- 2 tbsp peanut oil
- 2 tbsp tamari
- 1/2 cup corn kernels
- 1/2 cup baby peas
- 1 carrot, diced
- 1 bunch asparagus, thick sliced
- 1 zucchini, diced
- 2 eggs, beaten
- 2 tsp chopped garlic
- 1 tsp salt
- 3 cups cooked quinoa
- 2 tbsp chopped coriander

2 tbsp sliced green onion

1 cup shredded chicken

Method:

1. Make 3 cups of cooked quinoa according to the packet instructions.
2. Heat a non-stick frying pan on medium heat with 1 tbsp oil in, then add the garlic and veggies for 2-3 mins.
3. Add 1 tbsp tamari and fry until they're just cooked through, then set aside.
4. Return the pan to medium heat, add the other tbsp of oil and the beaten eggs. Scramble the eggs for 2 mins, then add the quinoa, veggies, chicken and another tbsp of tamari. Continue to stir fry together until the quinoa is warm and all the egg is cooked.
5. Fold in fresh coriander and chopped green onion at the end before serving.