

# FANTASTIC FRIED QUINOA

## (Between 4)



1½ C uncooked quinoa

3 C vegetable stock

1 small carrot, finely diced

½ capsicum, diced

2 T soy sauce

½ C corn kernels

½ C frozen peas

½ t dried oregano

1 small onion, finely diced

2 t minced garlic

1 t sesame oil

4 free range eggs

2 T oil

### Method:

1. In a medium saucepan place quinoa and stock, put the lid on. Heat gently and simmer until all liquid has been absorbed (about 12-15 minutes). Stir every 4 minutes to ensure the quinoa does not stick. Remove from stove.
2. While the quinoa is cooking, chop the onion, carrot and capsicum. It is important to have everything ready, as stir fries cook quickly!
3. Heat a wok on the double burner on medium. Add 1 tablespoon of the oil (remember you have collected 2 Tbs oil). Add the chopped onion and stir for 1 minute, then add the garlic, stirring constantly for 2 minutes. Reduce heat if it is going brown.
4. Add the carrot, stirring regularly for 2 minutes then add the capsicum, corn and peas and cook for a further 2 minutes.
5. Add the cooked Quinoa, soy sauce and sesame oil to the wok and stir through for 2 minutes then divide into 4 bowls.
6. Heat remaining oil in non stick frypan and cook eggs 2 at a time, sprinkled with the oregano. Cook for 2-3 minutes, leaving the yolk a little runny. Serve an egg on top of each bowl of quinoa and enjoy. You can try to eat your fried quinoa with chop sticks – good luck.