Quinoa Stir Fry

NIBBLEDISH CONTRIBUTOR

Ingredients

1 cup quinoa
2 cups vegetable stock
1 tbs peanut
1 1/2 tsp diced fresh ginger
1 cube of fresh ginger, whole
1-2 cloves of garlic, minced
1 shallot, minced
juice of 1/2 lemon or lime
cilantro
2 green onions
1-2 tbs soy sauce
1 tbs garlic chili sauce
3 cups mixed vegetables

Instructions

Like most of my recipes, this is something that you can use just about any vegetable you have in the fridge. Usually, I like to add some carrots, celery, broccoli, and then some frozen Asian style stir fry vegetables. Feel free to use whatever you have around.

In a medium sauce pan, combine washed quinoa with 1 1/2 cups of stock, a few leaves of cilantro, and the large piece of ginger. Bring to a boil and reduce to a simmer. Cover and cook for 15 minutes and then let sit for 5 more off of the heat.

In the mean time, in a large skillet, heat oil over medium heat. Add garlic, shallot,

ginger, and fresh vegetable. Saute for about 4 minutes. Add remaining vegetable stock slowly. Add lemon/lime juice and soy sauce. Add in the frozen vegetables, if using. Cover, and simmer over medium low heat until warmed through and vegetables are tender.

Stir in the cilantro, green onions, and garlic chili sauce. Serve over fluffed quinoa. Enjoy!