

QUINOA FRIED RICE WITH CHICKEN

Cooking: 35 minutes | Servings: 4

INGREDIENTS

1 pound boneless, skinless chicken thighs, cut into ½-inch cubes
2 cups cold cooked quinoa
½ cup diced red bell pepper
½ cup diced carrot
½ cup peas, fresh or frozen (thawed)
3 tablespoons reduced sodium tamari or soy sauce
3 tablespoons peanut oil, divided
2 teaspoons minced garlic
2 teaspoons grated fresh ginger
1 teaspoon toasted (dark) sesame oil (optional)
3 scallions, thinly sliced
2 large eggs, beaten



INSTRUCTIONS

Start by heating 1 teaspoon of oil in a large, flat-bottom, carbon-steel wok or large, heavy skillet over high heat. Add your eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer the eggs to a cutting board and cut into ½ inch pieces. Add 1 tablespoon of oil to the pan along with the scallions, ginger and garlic; cook, stirring, until the scallions are softened, about 30 seconds. Add the chicken and cook, stirring for 1 minute. Next, add your bell peppers, carrots and peas; cook, stirring, until just tender, 2 to 4 minutes. Transfer everything to a large plate. Add the remaining 1 tablespoon of oil to the pan; add quinoa and stir until hot, 1 to 2 minutes. As you stir pull the quinoa from the bottom to the top so it all gets coated with oil and evenly cooked. Return your chicken, vegetables, and eggs to the pan. Now add the tamari or soy sauce and stir until well combined. Serve drizzled with sesame oil and enjoy!