

Quinoa Stir Fry

- **INGREDIENTS**

- 1 Cup of quinoa
- 2-4 Cups of veg of your choice
(Broccoli/carrot/cabbage/corn/peas/celery/mushrooms/zucchini)
- 1 Onion
- 2 Garlic cloves
- 1-2 Tablespoons Soy sauce
- 2 Cups vegetable stock
- 1 Tablespoon sesame oil

METHOD

1. Place quinoa in a sieve and rinse in cold water then place in a saucepan with 2 cups of vegetable stock, bring to the boil then simmer for 20 mins until cooked, place in fridge to cool.
2. Meanwhile Peel and dice onion and cross chop garlic.
3. Dice your vegetables, then place sesame oil in a wok and fry onion and garlic for 3-4 minutes or until soft add your chopped veg stir fry until just cooked then add quinoa, fry until warmed through.
4. Plate up and serve.

