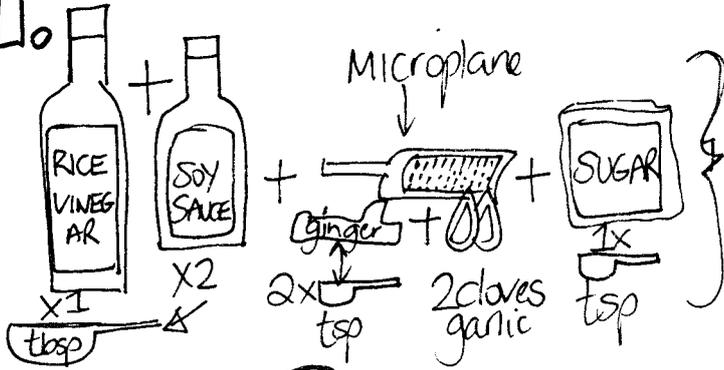


# Quinoa Stir-Fry

#recipeforRuchita

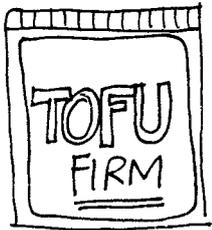
Feb 2017

1.

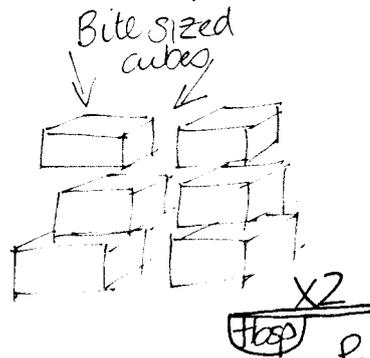


Mix together in a bowl

= the dressing



2. x 1 pkt drained, cut into cubes & dried well

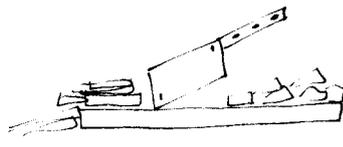


x 2 for frying tofu

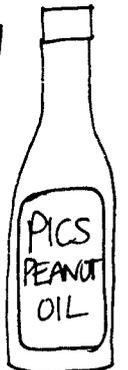
3.



x 3 of chopped summer veges



eg green beans = 250g + capsicum x 1 & zucchini x 1



(12) x cherry tomatoes cut in 1/2

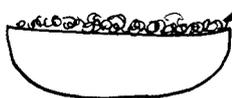
x 3 for frying veges etc

4.



eggs beaten to make an omlette

5.



Keep it in the fridge! 1 x bowl precooked\* & cooled quinoa

400g = uncooked

6.



2 x spring onions sliced

\*How to cook quinoa: 1 cup quinoa + 1 1/2 cups boiling water

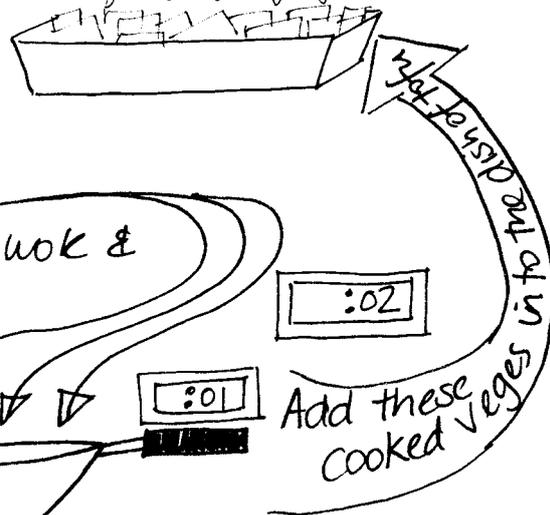
In a pot, lid on, timer 15mins, turn heat off, leave to sit = 5mins with lid on - cool in pot put into fridge

1. dressing is made & you need it at step 2 & step 5

1/2 FOR QUINOA | 1/2 FOR TOFU  
DRESSING

2. heat the ~~rice bran oil~~ in the wok over high heat until VERY HOT & cook the tofu for a few minutes until brown & then put it in a large dish & ADD 1/2 the dressing

3. NOW using the heat 1tbsp peanut oil add the veges & to the wok & stir fry for >2 mins then add the tomatoes stir fry til they collapse



4. add a little more oil & make an omlette (or scrambled eggs) set aside when cooked

5. ADD the last 1tbsp of peanut oil to the wok & when its very hot Add the quinoa & stir it around until it is coated in oil ADD the other 1/2 of the dressing

stir it up, ADD veges & tofu & stir til heated thru. Add the <sup>cooked!</sup> egg & the spring onion & its ready to serve ;)  
n.b. we ate ours with kecap manis & chilli oil & it was delicious

