



Quinoa Stir Fry with Vegetables

Ingredients:

- 1 cup uncooked quinoa (200 g)
- 1/2 julienned onion
- 1/2 julienned red bell pepper
- 1 cup julienned red cabbage (70 g)
- 1 julienned carrot
- 1/2 head of broccoli, chopped, discard the stem
- 2 tbsp extra virgin olive oil
- 4 sliced cloves of garlic
- 1/4 tsp cayenne powder
- 1/2 tsp ground ginger
- 1 tbsp tamari or soy sauce
- 1 tbsp cane or coconut sugar
- Sesame seeds

Instructions:

Cook the quinoa according to package directions.

Boil or steam the veggies for about 2 minutes. You want crunchy vegetables. Drain and set aside.

Heat the oil in a wok or a frying pan and cook the garlic over medium-high heat for about a couple of minutes.

Add the cayenne powder and the veggies and cook for another 2 minutes, stirring frequently.

Add the quinoa and the rest of the ingredients (except the sesame seeds) and cook for 2 minutes more.

Serve with some sesame seeds on top.

Store in a sealed container in the fridge for about 5 days.

