

Quinoa Fried Rice



Recipe

Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the beaten eggs and cook while stirring occasionally until they are scrambled and cooked through. Transfer the scrambled eggs to a plate and set it aside. Add the remaining 1 tablespoon of olive oil to the skillet and turn the heat to medium-high. Add the carrot and onion and cook until softened, about 5 minutes. Add the garlic and cook for another minute, Add the peas and continue to cook until they are warmed through and plump, about 2 to 3 minutes. Add the cooked quinoa, soy sauce, oyster sauce, and toasted sesame oil and stir to combine. Cook for an additional 3 to 5 minutes to fry the quinoa. Add the scrambled eggs into the mixture and mix well. Remove from heat and serve immediately.

Ingredients With Measurements

- 2 tablespoon olive oil, divided
- 3 eggs, beaten
- 2 medium carrots, peeled and diced
- 1 small white onion, diced
- 4 cloves garlic, minced
- ½ cup frozen peas
- 4 cups cooked quinoa
- 4 tablespoon soy sauce
- 2 teaspoon oyster sauce
- ½ teaspoon toasted sesame oil
- Salt
- Pepper

Ingredients Without Measurements

Olive Oil	Eggs
Carrots	Onion
Garlic	Frozen Peas
Quinoa	Soy Sauce
Oyster Sauce	Toasted Sesame Oil
Salt	Pepper