



Chicken quinoa fried rice (OP W )

Serving: 1

Non Veg

### *Ingredients*

- 2 tsp oil
- 1 egg white
- 1 tbsp ginger - garlic minced
- 1 onion chopped
- 5- grams boiled chicken
- 1 cup veggies like ( Carrot , cabbage , bell pepper , mushrooms , zucchini etc )
- 1/2 cup cooked quinoa
- 1 tsp soya sauce

### *Preparation Method*

- Heat 1/2 tsp oil in a large flat-bottom carbon-steel wok or large heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Heat 1 teaspoon oil in a large flat-bottom carbon-steel wok or large heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds.
- Add 1/2 tsp oil to the pan along with scallions, ginger and garlic; cook, stirring, until the scallions have softened, about 30 seconds. Add chicken and cook, stirring, for 1 minute. Add bell pepper, carrot and peas; cook, stirring, until just tender, 2 to 4 minutes. Transfer everything to a large plate. Step 3
- Add the remaining 1 tsp 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 the chicken, vegetables and eggs to the pan. Add tamari (or soy sauce) and stir until well combined. Serve