Chicken and Vegetable Quinoa Stir-Fry
From – The Perfect Pantry

3/4 cup quinoa - rinsed
1 Tbsp + 1 tsp vegetable oil
1 small carrot, cut into 1-inch lengths, julienned
1 medium bell pepper, cut into 1-inch lengths, julienned
2 tsp grated ginger root
1 clove garlic, thinly sliced
1/8 tsp mild red pepper flakes
2 cups mixed vegetables (broccoli florets, snow peas, zucchini, etc.)
1/4 tsp black pepper
1 large egg, beaten
4 oz cooked chicken breast, chopped
2 scallions, chopped
½ cup cilantro, roughly chopped
2 Tbsp reduced-sodium soy sauce
Juice of 1/2 lime

• Boil 1 ½ cups water add quinoa and simmer for 20 minutes. Set aside.
• Heat 1 Tbsp of oil in a wok or large nonstick frying pan over medium-high heat.
• Add the carrots and bell pepper, and cook, stirring occasionally, until softened slightly.
• Add the ginger and garlic, and stir-fry for 30 seconds.
• Stir in the red pepper flakes and mixed vegetables, plus the black pepper.
• Remove vegetables from the wok and set aside.
• Return the pan to heat, and add 1 tsp of oil.
• Add the quinoa and egg, and stir-fry to cook the egg, 30 seconds.
• Return the vegetables to the pan along with the chicken, scallions, cilantro, soy sauce and lime juice.
• Stir to combine, and cook, stirring occasionally, for 1 minute.
• Serve hot, or at room temperature.

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