

Quinoa Fried "Rice"

Prep: 15 min Cook: 0 min Total: 15 min Servings: 4

Calories: 411 Fat: 9g Protein: 17g Carbs: 64g Fiber: 8g

Ingredients

- 3 Tbsp Avocado Oil, divided
- 2 eggs, whisked
- 1 medium red bell pepper diced
- 1 small purple onion, diced
- 1/2 cup frozen peas
- 3 cloves garlic, minced
- salt and pepper
- 4 cups cooked and chilled Organic Quinoa (*see instructions here for how to cook quinoa)
- 3 green onions, thinly sliced
- 3-4 Tbsp coconut amino or soy sauce, or more to taste
- 2 tsp oyster sauce (optional)
- 1/2 tsp toasted sesame oil

Directions

1. Add egg, and cook until scrambled, stirring occasionally. Remove egg, and transfer to a separate plate.
2. Add bell pepper, onion, peas, and garlic, and season with a generous pinch of salt and pepper. Saute for about 5 minutes or until the onion and bell pepper are soft. Increase heat to high, and add in the remaining 1 1/2 tablespoons of avocado oil. Immediately add the cooked quinoa, green onions, soy sauce, and oyster sauce (if using), and stir until combined. Continue stirring for an additional 3 minutes to fry the quinoa. Then add in the eggs and stir to combine. Add the sesame oil, stir to combine, and remove from heat. Serve warm.
3. Enjoy your Quinoa Fried "Rice"!