

Quinoa Stirfry

This recipe is very adaptable to whatever you have in your fridge; it is never really the same twice!

Ingredients

- 1 cup quinoa (available in the health food section of the supermarket)
- 1 onion, finely diced
- 1 zucchini, roughly chopped
- 1 red capsicum, roughly chopped
- 2 cm piece of ginger, finely chopped
- 1–2 gloves garlic, finely chopped
- 100g green beans
- ½ head of broccoli, roughly chopped into florets
- 2 tsp. of your favourite spice mix or curry powder – turmeric, cumin, coriander all work well.
- 1 tsp. coconut oil or rice bran oil

Method

1. Cook quinoa in boiling water until just soft. Drain and set aside.
2. While quinoa is cooking, warm oil in a fry pan, and then add garlic and onion to soften. Add your choice of spices to the pan, stir to combine.
3. Add the rest of the vegetables, and continue to sauté gently until vegetables are tender.
4. Finally, add quinoa to vegetable mix, and stir through until warm and coated with spices.