

Dave's Pineapple Fried Quinoa

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- 1 c. white quinoa
- 2 c. water
- 1 chicken bouillon cube
- 1 tbsp. sesame oil
- 1 tbsp. mirin
- 1 tsp. chili oil
- 1-2 garlic cloves
- 1/4 c. chopped green onion
- handful fresh spinach
- 1 c. pineapple, diced
- 1 tsp. red pepper flake
- 1 tbsp. soy sauce
- 3 eggs

This recipe is a turn on fried rice. Quinoa is a nice non-grain substitute and the pineapple adds a nice flavor.

Cook 1 c. quinoa in 2 cups water, with the chicken bouillon cube for added flavor. You may substitute 2 c. chicken broth if available. To cook quinoa, bring to a boil, then lower heat and simmer until the liquid has been fully absorbed. Roughly scramble 3 eggs in a pan and set aside. Use a touch of sesame or peanut oil for the eggs if necessary. Heat the sesame oil, mirin, chili oil. Add in the garlic, green onions, spinach and pineapple. When nearly cooked through, add in the quinoa and scrambled eggs. Add red pepper flake and soy sauce. Continue frying.

For additional heat, serve with sriracha sauce.