

# Red Quinoa with Chicken



This is a very simple way to prepared quinoa. You have all you need in one bowl and it sure makes a great one dish meal. When making this dish I always take the leftover for the next day lunch. It is tasty and colorful so everyone around asks what I am eating...

## ***Ingredients:***

1  $\frac{1}{2}$  cup red quinoa

1 cup of cubed carrot

1 cup frozen corn

1 cup frozen soy bean

1 small onion, chopped

1 chicken breast in cubes

2-3 garlic cloves

1 tablespoon soy sauce

$\frac{1}{2}$  tablespoon corn starch

$\frac{1}{2}$  tablespoon olive oil

Salt and pepper to taste

1 tablespoon olive oil





***Method:***

Cook the quinoa according to the instruction in the box.

In another pan cook the carrots, corn and soybean in a hot water. Set aside. In the meantime marinate the chicken with garlic, soy sauce, olive oil and corn starch for 5 to 10 minutes.

In a wok pan stir fry the chicken breast with olive oil, and set aside. In the same pan sautee the onion in olive oil, when slightly soft add the chicken, quinoa and the veggies. Mix gently, add salt and pepper to taste. Serve hot.





Did you know that germinated quinoa has an even higher nutritional values than its raw form? To germinate the seed, just place them in a glass of water for 2-4 hours.

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