



QUINOA STIR FRY

Another wholesome recipe from local Lismore food blogger [Meg Phillips](#). Delicious flavours, packed with nutrition and easy and fun to make.

Ingredients:

3/4 cup organic tri coloured quinoa
1 brown onion
1 spring onion
3 cloves of garlic
1 carrot
1 head of broccoli
4 mushrooms
1/2 cup peas
1/2 cup corn kernels
2 tbsp tamari
2-3 tbsp olive oil
1/2 cup tamari almonds
150g tofu
Fresh coriander (to serve)

Method:

Soak the quinoa in water for a couple of hours. Add to a pot with 1.5 cups of water and bring to the boil, reduce to low heat and cook covered for 12 mins. Once cooked set aside
Sauté the sliced brown onion, garlic and spring onion, finely chopped in olive oil.
When golden and fragrant add the carrot, diced into small sticks.
Add the broccoli chopped into small pieces and continue to cook until carrot and broccoli are soft.
Slice the mushrooms and add them to the pan allowing them to cook.
Add tamari and stir, add more to suit desired taste.
Add the peas and corn and stir until cooked.
Add the quinoa and mix in well to combine all ingredients.
In another pan with a little bit of olive oil cook the tofu until it is crispy and lightly brown.
Serve the quinoa stir fry with tofu, chopped tamari almonds and fresh coriander.

Gluten Free | Dairy Free | Vegetarian | Vegan

To see more from Meg visit her [Instagram page here](#)