



Organic Vegetable Medley Quinoa Fried Rice

Servings

3

Calories

330

Prep Time

25 minutes

Total Time

40 minutes

Skill Level

Medium

Ingredients

1 (10 ounces) package Mann's Organic Vegetable Medley

1 tablespoon sesame oil, divided

1 teaspoon garlic, fresh, minced

1 cup quinoa

½ teaspoon ginger, fresh, minced

¼ teaspoon salt, divided

½ shallot, sliced

2 eggs

1 tablespoon coconut aminos

½ tablespoon apple cider vinegar

spring onion, sliced on a bias (optional garnish)



The Method

Heat half the oil in a saucepan over medium heat. Add garlic and sauté until fragrant, about 3 minutes. Add 1 cup quinoa and sauté until golden brown, about 5 minutes. Add ginger, 2 cups of water, and half of the salt and bring to a boil. Reduce heat to a simmer, cover, and allow to cook for 15 minutes. When it's finished, spread the quinoa out on a large baking sheet to allow excess moisture to evaporate completely.

Heat remaining oil in a wok over medium heat. Add Mann's Organic Vegetable Medley and sauté until edges begin to brown. Then add coconut aminos and vinegar and cook until soft. Remove vegetables from wok and set aside.

Add eggs to wok, scrambling with your spatula. Remove wok from heat. Add vegetables and quinoa and stir to combine. Garnish with fresh spring onion.



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Nutrition Facts

Serving Size: 199g | Servings: 3

Amount Per Serving

Calories 330 | Total Fat 11g (sat 2g trans 0g) | Cholesterol 110mg | Sodium 600mg | Total Carbohydrate 45g | Dietary Fiber 6g | Sugars 3g
(Includes 0g Added Sugars) | Protein 14g | Vitamin D 6% | Calcium 6% | Iron 20% | Potassium 15%