

# Quinoa Fried “Rice”

*with shiitake mushrooms*

---

## INGREDIENTS

- ½ Cup Quinoa
- 1 Carrot
- 1 Onion
- 4 Ounces Shiitake Mushrooms
- ½ Tablespoon Gochujang
- 1 Tablespoon Soy Sauce
- 1 Tablespoon Sesame Oil
- 2 Cloves Garlic MINCED
- 1 Inch Piece Ginger PEELLED AND MINCED
- 2 Scallions THINLY SLICED, WHITES AND GREENS SEPARATED
- ½ Cup Peas
- 2 Eggs

Recipe requires salt and pepper, olive oil, & water. Have these on hand; we'll provide the rest.

MAKES 2 servings

*Pantry*  
you're cooking



# INSTRUCTIONS

## EQUIPMENT

MEDIUM POT WITH LID

LARGE SKILLET

SMALL BOWL

*Prior to cooking, read all instructions. Prepare ingredients as listed on the front of this card.*



### **1** *Prepare the Quinoa*

Add **quinoa** to medium pot with 1 cup water.

Bring to boil, then reduce to a simmer. Cook quinoa for 15-20 minutes with lid on, or until water is absorbed.



### **2** *Prepare the Vegetables*

While quinoa simmers, dice **onion**, **carrot**, and **shiitake mushrooms** into small pieces.



### **3** *Prepare the Sauce*

In small bowl, add **soy sauce**, **sesame oil**, and **gochujang**. Whisk well to combine. Set sauce aside.



### **4** *Sauté the Vegetables*

In large skillet, heat 1 tbsp olive oil on medium-high heat. Add diced onions, carrots, shiitake mushrooms, and white **scallions** (reserve green scallions for garnish). Season with salt and pepper.

Sauté vegetables about 3 minutes, or until mushrooms brown slightly. Add **garlic** and **ginger**. Sauté another 2 minutes, or until fragrant.



### **5** *Fry the Quinoa*

Place cooked quinoa into large skillet. Add **peas** and prepared sauce. Stir to combine.

Make a well in the middle of skillet. Whisk **eggs** small bowl used for the sauce. Pour whisked eggs into center of skillet and stir until cooked through, then incorporate into quinoa.



### **6** *Plate the Dish*

Continue to sauté quinoa and vegetables 1 more minute, or until all ingredients are thoroughly combined.

Serve quinoa fried "rice" immediately, dividing it between two bowls and garnishing with reserved green scallions.

*Pantry*  
you're cooking

for recipe instructions and more, visit [www.pantrystores.com](http://www.pantrystores.com)