

Tjap tjoy with quinoa



Tjap tjoy with quinoa

For 3 servings:

200 g quinoa

600-700 g vegetables: onion, carrot, leek, green beans (fresh or frozen), peas, broccoli, zucchini, bell pepper, sweet baby corn, etc., sliced or cubed

5 cloves of garlic, finely chopped

fresh chili, to taste

4 cm ginger, grated (or 2 teaspoons ginger powder)

3 tsp. coriander powder

fresh coriander, finely cut (optional)

3-4 tablespoons soy sauce

2-3 tablespoons oil

salt and pepper, to taste

Wash the quinoa thoroughly and cook it in 300 ml water for 5 minutes. Cover and set aside until all the water is absorbed. Add salt and pepper to taste and fresh coriander (optional).

Cook the green beans apart for about 15 minutes (if they are frozen than is no need to cook, they are already semi-cooked).

Heat the oil in a wok and add the vegetables. Stir fry for approx. 4-5 minutes, on high heat.

Add the ginger, coriander powder and garlic and stir fry for another 2-3 minutes. Finally, add the soy sauce, salt and pepper to taste.

Serve with quinoa (or rice).

Note: You can use other vegetables too, like: mushrooms, cucumber, cabbage, bamboo shoots, bean shoots, etc..