

Quinoa goreng



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Per serving:

50 g quinoa

300 g vegetables: carrot, onion, leek, sweet pepper, green beans, peas, broccoli, cabbage, cauliflower, celery, zucchini, etc.

1 cm ginger, grated (or 1 teaspoons ginger powder)

1 teaspoon coriander powder

2 garlic cloves, diced

chilli/chili powder, to taste (optional)

2 tablespoons soy sauce

1/2 tablespoon oil

Cook the quinoa as indicated on the package.

Cut all the vegetables into cubes or slices. Cook the green beans apart for 7-10 minutes and drain.

Heat the oil in a wok and add the vegetables gradually, beginning with the ones which take longer to cook. Add a little bit of water (not too much), the ginger, the garlic and the coriander powder. Stir fry for about 5-6 minutes. The vegetables should be crunchy.

Finally add the soy sauce, mix well then add the cooked quinoa.

Serve with peanut sauce and sweet-sour pickles .

Peanut sauce

200 ml unsweetened soy milk

1 teaspoon ginger powder

1 teaspoon coriander powder

2-3 tablespoons soy sauce

4-5 tablespoons peanut butter

Preheat the soy milk in a saucepan, add all the ingredients, mix it well until peanut butter is incorporated and let it cook for about a minute. The composition should have the consistency of a thick sauce otherwise add a little bit more peanut butter. After cooling the sauce continues to thicken.

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..