

# *Live Cooking with Rican Vegan*



## Quinoa Stir Fry

6 servings

### Measurements:

- **2 Cups Dry Quinoa**
- **3 Cups Water**
- **4 Minced Cloves Garlic**
- **2 Teaspoons Minced Fresh Ginger**
- **1 tbsp Sesame Seed oil**
- **4 Green Onions**
- **4 Tablespoons Soy Sauce**
- **1 Tablespoon Maple Syrup**
- **1 Lime**
- 1 Teaspoon Sriracha
- 1 Cup Mushrooms
- Handful of Bean Sprouts
- 1 Shallot
- 1 Head of Broccoli
- 2 Baby Bok Choy
- 1/2 Cup Carrot
- 1 Cup Shredded Cabbage
- 1 Head of Cauliflower
- 1 Bell Pepper
- 1 Cup Fresh Edamame
- 1/2 Cup Fresh Snow Peas/ Sugar Snap Peas
- 1 Cup Asparagus

### Cooking Tools

- cutting board
- knife/ greater
- measuring cups
- small bowls/ cups
- pot with lid
- stirring spoons/ spatula
- wok/ dutch oven/ non stick frying pan

## Notes:

- **Bold ingredients** are base ingredients, use all or some of the remaining ingredients
- Aim to use organic ingredients, the quality of your health matters!
- Use white, red or tricolor quinoa
- Fresh ginger can be substituted with 1 teaspoon dried ginger
- Substitute sesame seed oil for peanut oil OR use water for oil free
- Substitute soy sauce with coconut aminos, tamari, teriyaki, miso or Worcestershire sauce
- Use any mushrooms like white button, portobello, oyster, trumpet or lions mane
- Substitute shallot with onions
- Substitute baby bok choy with spinach or kale