

Chicken Stir Fry with Quinoa

Yield: 4 servings

Ingredients:

80 mL (1/3 cup) soy sauce	20 mL (1 Tbsp + 1 tsp) vegetable oil
30 mL (2 Tbsp) brown sugar	½ red pepper, cut into matchsticks
7 mL (1 ½ tsp) cornstarch	½ can sliced water chestnuts, drained
1 small piece ginger, minced	125 mL (1/2 cup) snap peas
1 clove garlic, minced	1 carrot, sliced
1 mL (1/4 tsp) red pepper flakes	½ onion, chopped
1.5 chicken breasts, thinly sliced into strips	¼ broccoli crown, broken into floret

Directions:

1. Combine soy sauce, brown sugar, and corn starch in a small glass bowl; whisk until smooth. Mix ginger, garlic, and red pepper flakes into the marinade.
2. Spoon half of the marinade into a small baggie and coat the chicken. Set aside remaining marinade for later. Refrigerate the **sealed** baggie for at least 15 minutes to tenderize and bring flavour to the meat.
3. Meanwhile, heat 10 mL vegetable oil in a large skillet over medium-high heat (#6). Sauté bell pepper, water chestnuts, snap peas, broccoli, carrots, and onion until just tender, about 5 minutes. Remove vegetables from skillet and place in a bowl, covering with tin foil to keep warm.
4. Remove chicken from the baggie using tongs, and carefully place in the skillet. Dispose of the baggie and marinade. Cook and stir chicken with a spatula until chicken is cooked through.
5. Return vegetables and leftover marinade (that you set aside in step 2) to the skillet. Simmer on medium-low (#4), cooking until vegetables are tender, about 5 to 7 minutes. Serve over quinoa.



How To Cook Quinoa

Ingredients

1 cup (250 mL) uncooked quinoa (any variety – white or golden, red, or black)
2 cups (500 mL) water or broth
1/2 tsp (2 mL) salt

Directions

1. **Rinse the quinoa:** Measure 1 cup of quinoa and place into a fine-mesh strainer. Rinse thoroughly with cool water for about 2 minutes. Rub and swish the quinoa with your hand while rinsing. Drain.
2. **Add liquid and bring to a boil:** Stir in 2 cups of water (or broth) and 2 mL salt with a wooden spoon. Bring to a rolling boil.
3. **Lower heat (#3) and simmer:** Cover the quinoa and cook for 15 minutes. Make sure to set a timer.
4. **Let stand, covered, for 5 minutes:** Remove the pot from the element and let stand for 5 more minutes, covered with the lid. Don't peek! The steam helps to further cook the quinoa.
5. **Fluff and eat!** Remove the lid – You should see tiny spirals (the germ) separating from and curling around the quinoa seeds. Fluff the quinoa gently with a fork, and serve. *If any liquid remains in the bottom of the pan or if the quinoa is still a bit crunchy, return the pot to **low** heat and cook, covered, for another 5 minutes, until all the water has been absorbed.*