

## Quinoa Fried Rice with Shrimp

These Asian fusion flavors will entice loved ones to gather around your table.

### Ingredients

- 1 cup uncooked quinoa, rinsed
- 1½ cups low-sodium chicken broth
- 1 small broccoli head
- 1 carrot, peeled
- 6 green onions
- 3 tbsp vegetable oil, divided
- 1 lb. uncooked medium (41–50) shrimp, peeled, deveined and tails removed
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) black pepper
- 4 garlic cloves, pressed
- ⅛ tsp red pepper flakes
- 3 eggs
- ¼ cup low-sodium soy sauce
- 1 tbsp sesame oil
- ½ tsp fresh grated ginger



pampered|chef.

### Instructions

1. Add the rinsed quinoa and broth to the [3-qt. \(3-L\) Micro-Cooker® Plus](#). Microwave, covered, on HIGH, for 10 minutes. Let it stand, covered, for 5 minutes. Remove the lid and let the quinoa cool.
2. Remove the broccoli florets from the stem and peel the stem. Slice the carrot, broccoli stem, and broccoli florets. Finely slice the green onions with the [8" \(20 cm\) Chef's Knife](#), keeping the green tops and whites separated.
3. Heat 1 tbsp of the oil in the [Stainless Steel Nonstick Wok](#) over medium-high heat for 3–5 minutes. Season the shrimp with ⅛ tsp of the salt and the black pepper and cook for 2 minutes, stirring frequently. Remove the shrimp from the wok.
4. Heat the remaining oil in the wok. Add the sliced broccoli and carrot, whites of the green onion, and the remaining salt to the wok and stir-fry for 3 minutes. Stir in the garlic and red pepper flakes and move the veggies to one side of the wok. Add the eggs to the other side and scramble until cooked.
5. Add the cooked quinoa and shrimp to the wok. Combine the soy sauce, sesame oil, ginger, and greens of the onions into a small bowl. Pour the mixture on top of the quinoa and stir until well combined and fragrant.

**Yields 6 servings**

### U.S. Nutrients per serving:

Calories 330, Total Fat 14 g, Saturated Fat 2.5 g, Cholesterol 95 mg, Sodium 710 mg, Carbohydrate 29 g, Fiber 4 g, Sugars 4 g, Protein 24 g

### Cook's Tips:

You can make this recipe with 1 lb. of boneless, skinless chicken breasts instead of shrimp. In step 3, cut the chicken into bite-sized pieces and season with ¼ tsp salt and 1/8 tsp black pepper. Cook the chicken, stirring occasionally, for 4–5 minutes, and proceed as the recipe directs.