

Pad Thai Quinoa Bowl

Oscar · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

8

Description

This recipe uses quinoa which is glutenfree high in protein and fiber and has a nice nutty flavor But you can always substitute for either rice or noodles Take out the chicken and add extra edamame and you have a great vegetarian meal instead Or add shrimp if you like A seriously good versatile recipe

Ingredients

- - 4 cups low-sodium chicken broth - 2 cups quinoa
- rinsed and drained - 1 tablespoon coconut oil
- divided - 1 large boneless
- skinless chicken breast
- cut into thin strips - ¾ cup shredded cabbage - ½ cup edamame - ¼ cup diced broccoli stems - 2 carrots
- cut into matchsticks - 2 green onions
- chopped - 3 eggs - 1 teaspoon sesame oil - ¼ cup natural peanut butter - ¼ cup reduced-sodium soy sauce
- 3 tablespoons rice vinegar - 2 tablespoons chili garlic sauce - 2 tablespoons chopped fresh ginger - 3 cloves garlic
- minced - 1 teaspoon sesame oil - ½ cup salted peanuts
- chopped - 3 tablespoons chopped fresh cilantro

Instructions

1. Bring chicken broth and quinoa to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until quinoa is tender
4. 15 to 20 minutes. Set aside. Heat 1 1/2 teaspoons coconut oil in a wok or large skillet over medium-high heat. Add chicken; stir until cooked through; about 5 minutes. Remove chicken from wok. Heat remaining 1 1/2 teaspoons coconut oil. Add cabbage
5. edamame
6. broccoli
7. carrot
8. and green onions and saute until vegetables soften slightly
9. 2 to 3 minutes. Whisk eggs with sesame oil in a small bowl. Push vegetables to the sides of the wok to make a well in the center; pour eggs in and stir to scramble
10. about 3 minutes. Combine peanut butter
11. soy sauce
12. rice vinegar
13. chili garlic sauce
14. ginger
15. garlic
16. and sesame oil together in a small bowl. Pour Thai peanut sauce over vegetable and egg mixture in the wok. Return chicken to the wok and add quinoa; mix well to combine. Stir in chopped peanuts and cilantro and serve. Cook's Note: You can tell when quinoa is cooked because it will increase in size and seem more transparent with a ribbon around the edges. Make sure all the liquid is cooked off.