

# Food Babe's Hong Kong Quinoa



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	25 mins	40 mins	4

<https://foodbabe.com/hong-kong-quinoa>

## Ingredients:

- 1 cup quinoa, uncooked
- 1 cup chicken broth
- 2 teaspoons dark toasted sesame oil
- 1 medium red onion, chopped
- 1 bunch asparagus
- 3 fresh ears corn
- 1 tablespoon tamari soy sauce
- 1 tablespoon ponzu sauce
- 2 garlic cloves
- 2 eggs
- 2 egg whites
- 1 tablespoon raw sesame seeds, toasted
- ¼ teaspoon sea salt
- ½ teaspoon black pepper, freshly ground

## Instructions:

1. Make quinoa to package instructions, replacing half the water with broth
2. Lightly spray or coat asparagus and corn with some of the sesame oil and grill until cooked
3. Chop grilled asparagus into small pieces and cut the corn off the cobb, place into a bowl and set aside
4. Meanwhile, in a small bowl combine eggs and salt and pepper and whisk and set aside
5. Next heat the remainder of the sesame oil in a large skillet on medium heat
6. Once oil has heated for 2 mins, add onions, cook onions for about 5-7 minutes
7. Add garlic and cook another 2 minutes
8. Next create a space in the middle of the pan by pushing onions and garlic to sides and pour egg mixture in the center
9. Once eggs start to cook, start to break up the mixture with a spatula into pieces mixing with the onions and garlic
10. Once eggs have cooked all the way through (golden yellow color), add cooked quinoa, grilled asparagus, corn kernels, tamari and ponzu to skillet
11. Stir until well combined and everything is heated through
12. Top with toasted sesame seeds and serve

## Notes:

- I often substitute the chicken broth for vegetable broth.
- Please note all ingredients are organic