



# SIMPLE STIR-FRY

## Serves 2

- 1/2 cup quinoa, dry
- 1/2 Tbsp. toasted sesame oil
- 1-16 oz can of chickpeas, rinsed
- 2 cups of frozen broccoli florets
- 1/2 large onion, diced
- 1/2 red bell pepper, roughly chopped
- 2 cups of baby spinach (raw)
- 1 tsp minced garlic
- 1 tsp ground ginger
- Optional: 1 egg

## For the Sauce:

- 2 Tbsp. low sodium soy sauce or coconut aminos
- 2 Tbsp. creamy peanut butter
- 1 Tbsp. rice vinegar
- 1 Tbsp. sriracha sauce (more or less for desired spice)
- Optional: green onion for garnish

1. Rinse quinoa as needed
2. Fill a medium pot with 1 cup of water. Add in quinoa and bring to a boil. Lower to a simmer, cover and cook until water is absorbed, stirring occasionally (about 15-20 minutes).
3. Heat sesame oil over medium high heat in a large pan.
4. Add onion, garlic, ginger, broccoli, and bell pepper. Cover and cook, stirring occasionally until softened, about 3-4 minutes.
5. In a medium bowl, whisk together nut butter, rice vinegar, soy sauce, and sriracha.
6. Add chickpeas, quinoa, spinach and nut butter mixture to the skillet and cover, stirring occasionally until spinach is wilted.
7. If using the egg, crack into the skillet and mix until scrambled and cooked.
8. Plate and garnish with green onion as desired.