

Shrimp Fried Quinoa with Kimchi



Cookwell™
Healthy Cooking Oils

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INGREDIENTS

2 Tbsp.	Cookwell Sunflower Oil & Extra Virgin Olive Oil Blend
2 cups	Quinoa, prepared according to package directions
1 lb.	Shrimp, peeled and deveined
2 tsp.	Soy Sauce
1 cup	Broccoli Stir Fry Mix
1 cup	Bell Peppers
1 small	Sweet Onion
1 tsp.	Garlic
1 jar	Kimchi

COOKING INSTRUCTIONS

1. Heat oil over medium heat, add stir fry mix, peppers and onion, sauté for 3 minutes.
2. Add shrimp and garlic, cooking 2 more minutes.
3. Add quinoa and soy sauce and cook for 3 more minutes.
4. Serve hot with kimchi on top.

Tip: Quinoa is very high in protein, great for vegetarians or just adding more nutrients without the fat!

