

Quinoa with Fried Egg and Spinach

Ingredients:

1 cups cooked quinoa, ½ cup dry
 2 cup baby spinach
 1-2 eggs
 Cooking spray, soy sauce, sesame oil, Sriracha sauce (Vietnamese chilli sauce) to taste.



Making it:

1. Measure ½ cup (or more) of quinoa. Add 1 cup water and simmer for 15 min. Take lid off and fluff with fork. If you use more quinoa the ratio of quinoa to water is 1:2.
2. Frying pan: add ½ cup of water and spinach. Cover with a lid to lightly steam spinach. If you have a steamer you can also use that as well. Even quicker toss spinach in the microwave with a little bit of water, covered with lid slightly open (~ 1 – 2 min.)
3. Small frying pan: Spray cooking oil. Break egg(s) onto hot pan and lightly fry, flipping once.
4. Layer quinoa and egg on top of spinach and flavor with soy, sesame oil and Sriracha's to taste.

Tips and Hints:

- You can any vegetable to this quick meal. Red peppers, tomatoes, zucchini or broccoli steam quickly and taste great.
- For high energy needs use butter for the eggs and increase portions.
- To boost up protein add 1-2 egg white in addition to the egg(s).

NUTRITION FACTS

Servings: 1
 Serving Size: 1 recipe

Total Calories	415
Carbohydrate	51 g
Total Fat	16 g
Protein	19 g
Fiber	5 g

Prep Time: 5
 Cook Time: 20