Okra & Shrimp Fried Quinoa

Okra and shrimp tossed with spiced quinoa for a balanced meal! Okra is a nutritious vegetable rich in fiber, folate and vitamin A. Quinoa is a great alternative to rice when you are looking to increase your protein in a meal, because quinoa offers both complex carbohydrates and complete proteins. Quinoa is one of the few plant-based foods that is a complete protein, meaning it offers a sufficient amount of all essential amino acids.

Ingredients:

- ½ cup Quinoa (measured uncooked)
- 1 ½ cups Water
- 2 tsp Avocado oil (any oil works here)
- 1 cup Chopped onions
- ¼ cup Corn
- 8 oz Large shrimp
- 2 cups Sliced okra
- ½ cup Sliced raw carrots
- 1 tbsp Cumin
- 2 tsp Soy sauce, reduced sodium
- To taste Salt and pepper

Directions:

1. Add quinoa and water in a saucepan and bring to a boil. Turn heat down to medium-high, cover, and allow to simmer for 15-20 minutes or until quinoa is tender. Stir occasionally.
2. In the meantime, heat avocado oil in a skillet over medium-high heat. Add onions, corn, and shrimp in the pan. Stir fry until the shrimp turns a light brown.
3. Add okra, raw carrots, and cooked quinoa to the pan; stir fry everything for 5-8 minutes. If mixture starts to dry but okra & carrots are not yet tender, add a little water. Keep doing this until okra is tender.
4. Mix in cumin, soy sauce, and salt/pepper (if using).

Servings: 2
Serving size: ½ whole recipe (642g)