

Garlic Fried Quinoa

Swick

Serves 4 | Active Time: 15 minutes | Total Time: 30 minutes

Step 1: Preparing Your Mise en Place

- 1 1/2 cups quinoa
- 2 3/4 cups stock or water*
- 3 tbsp minced garlic
- 1/3 cup finely chopped chives

To start, bring the stock, quinoa and salt to a boil in a small pot. Reduce to a simmer and cover with a lid. Let cook for 15 to 20 minutes. Remove from the heat. Keep covered and let rest for about 10 minutes. Uncover, fluff with a fork and set aside to cool. *Note: If using plain water, be sure to season the water with a pinch or two of sea salt.

While the quinoa is cooking, prepare the garlic — while 3 tablespoons of garlic may seem like a lot, it really is not too overpowering. Besides, this dish is called “garlic-fried” quinoa.

Lastly, chop the chives and set aside.

Step 2: Cooking the Dish

- 2 tbsp olive oil
- sea salt, to taste
- freshly ground black pepper, to taste

To cook the dish, first be sure that you are all set up. Have the cooled quinoa ready; because once the garlic has cooked you want to immediately add the quinoa to cool down the pan — so that garlic doesn’t overcook.

To start, heat a large fry pan over medium high heat. Once hot, add the oil, followed by the garlic. Cook the garlic, stirring frequently, until it just starts to turn to a nice light golden brown. Taking the garlic to this stage really adds a nice flavor to the final dish, but you don’t want to go to far or it will become very bitter.

As soon as the garlic is ready, quickly add the quinoa to the pan and stir to combine. Continue to cook the dish until the quinoa has heated through.

Lastly, taste for seasoning and then add the chives. Serve immediately.