

RawVegan Spicy "Fried Rice"



Ingredients for Sauce:

- 2 tbsp tamari sauce
- 2 tbsp coconut nectar
- 1 tsp ginger (grated)
- 1 clove garlic
- 1/2 tsp chili flakes

Mix together all ingredients in a bowl and set aside.

Ingredients for Rice:

- 1 + 1/2 cup spouted quinoa*
- 1/4 cup red bell pepper
- 1/4 cup green beans
- 1/4 cup peas
- 1/4 cup carrots
- 1/4 cup corn kernels
- few slices fresh chili
- 1/4 cup fresh cilantro leaves

Place all ingredients in a large bowl and mix together with the sauce.

Garnish with "fried shallots".

Ingredients for fried shallots:

- 5 - 6 shallots (thinly sliced)
- 2 tsp olive oil
- 2 tsp tamari sauce

Slice shallots toss with olive oil and tamari sauce and place on a non-stick dehydrator sheet and dehydrate at 115°F about 3 hours. Remove the dehydrator sheet and continue dehydrate until crunchy.

Enjoy!

How to prepare sprouted quinoa:

First rinse and soak quinoa for 6 hours (put into a jar and fill the jar to the top with filtered water), drain and rinse thoroughly until the water comes out clear.

Place them in a jar, cover the top with mesh screen or cheesecloth and set the jar with sprouting lid on and tilt 45 degrees (upside down) to drain excess dripping water.

Leave the sprouts on room temperature but avoid direct sunlight.

Rinse two times a day (rinse with water, pour out and put upside down over bowl). It will take about 1 - 2 days for sprouts to form.

Once it's done store quinoa in the fridge and use within a few days.