

Kimchi Fried Rice & Quinoa



Makes: ~2 – 3 servings

INGREDIENTS

Rice and Quinoa

**1 cup short grain rice (see Notes)

¼ cup red quinoa

1¼ cups water

Plant-based Egg

**227 gm / 8 oz. egg (see Notes)

1 tsp. grapeseed oil

Salt to taste

black pepper to taste

Seasoning

1 tbsp. vegan kimchi juice / water

1 tbsp. gochujang

2 tsp. vegan fish sauce

Main Ingredients

3 tbsp. grapeseed oil

50 gm / 1.8 oz. onion (finely diced)

2 – 3 garlic cloves (finely minced)

50 gm / 1.8 oz. red chili pepper (deseeded, finely diced)

**170 gm / 6 oz. vegan spicy kimchi (diced/roughly chopped; see Notes)

1 tsp. salt or to taste

black pepper to taste

2 scallion stalks (sliced)

**1 tsp. sesame oil (see Notes)

Garnish

½ roasted nori sheet (slivered)

roasted sesame seeds



Rice and Quinoa (the night before)

1. Pour the quinoa into a fine mesh strainer. Rinse under running water for a minute or two. Rinsing is crucial as this removes bitterness (saponins) on the outside of the quinoa.
2. Drain and set the quinoa aside.
3. Rinse the rice gently until the water runs clear.
4. Place the rice and quinoa in the rice cooker.
5. Add water to the rice and quinoa. Ensure both ingredients are below the water level. Soak for ~20 – 30 mins.
6. Cook the rice in the rice cooker.
7. Once the cooking cycle has completed, turn off the rice cooker.
8. After ~30 mins, gently fluff the rice and quinoa with a fork. Do not break the grains.
9. Let the rice and quinoa cool overnight.

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Plant-based Egg

1. In a bowl, add 4 oz. of the egg. Add salt and black pepper to taste. Whisk until well combined.
2. In a small nonstick pan on medium heat, add ½ tsp. oil. Once the oil heats up, scramble the egg following the instructions on the bottle.
3. Once the scramble eggs are done, dish up and set aside.
4. Clean the pan. Add the remaining oil to the pan. Once the oil heats up, add the remaining 4 oz. of egg.
5. Let the egg cook and solidify in one layer.
6. Once the omelette as formed, dish up and fold into thirds.
7. Slice into strips. Set aside.

Seasoning

1. Whisk all seasoning ingredients until smooth and well combined.

Frying the Rice

1. In a large nonstick pan on medium heat, add the oil. Once the oil heats up, add the onion. Sauté until ¾th translucent.
2. Add garlic and red chili pepper. Sauté until fragrant stirring often.
3. Next, add the kimchi. Sauté until liquid has evaporated slightly stirring often.
4. Add 2½ cups cooked rice and quinoa along with the seasoning. Stir evenly until well combined.
5. Ensure aromatics and seasoning is well distributed.
6. Ensure that there are no lumps of rice and quinoa.

Frying the Rice (cont.)

7. Turn the heat to medium low. Add the scrambled eggs to the fried rice and stir evenly.
8. Season the dish with salt and pepper to taste.
9. Lastly, add the sliced scallions and sesame oil. Stir evenly until well combined.
10. Turn off heat and dish up.
11. Garnish with omelette strips, roasted nori and sesame seeds.

NOTES

- I used 2½ cups of rice and quinoa for this recipe. There will be some rice and quinoa left. Use remaining rice and quinoa for other recipes.
- I used plant-based egg from Just Egg, vegan kimchi from Mother-in-Law's Kimchi and sesame oil from La Tourangelle Artisan oils.
- If you like this dish to be less spicy, omit the red chili pepper and replace it with red bell pepper.