



Quinoa Pork Chaufa



COOKING
TIME
10

PREP
TIME
10

minutes



SERVINGS
4

people

INGREDIENTS

- 1 1/2 pounds of pork tenderloin, cut into 2 inch strips
- 1 cup white (pearl) quinoa
- 2 oz. of bacon (1 slice), minced
- 2 tbsp. toasted sesame seed oil
- 1 egg, beaten
- 1 red pepper, julienne cut
- 8 oz. mushrooms, cut in quarters
- 1/2 cup sweet peas
- 2 garlic cloves, minced
- 2 tsp. grated ginger
- 2 tbsp. low sodium soy sauce
- 1/4 cup green onions (scallions), finely chopped
- 1/4 cup cilantro, minced
- Salt and pepper to taste

Using a fine mesh colander, rinse the quinoa under running water for 30 seconds. In a small pot, bring 2 cups of water to boil, add the quinoa, salt to taste, stir, cover and reduce temperature to low. Cook for 12 minutes. Set aside.

Using a wok or a nonstick large pan on high heat, add the bacon and cook for 2-3 minutes or until crunchy, remove from pan and set aside. Add egg and cook for 30 seconds, remove and set aside. In the same pan, add two tablespoons of sesame oil, the pork tenderloin strips and cook for about 3-5 minutes. Add salt and pepper to taste and keep stirring. Add the pepper, mushrooms, sweet peas, garlic, ginger and stir constantly for 2 minutes. Add the cooked quinoa, the cooked egg, the bacon, soy sauce, green onions and cilantro. Keep stirring for 1-2 more minutes. Serve and enjoy.

SERVING SUGGESTIONS

Chaufa is the name of Peruvian stir-fried rice inspired by Chinese cuisine. This easy-to-make flavorful version has quinoa instead of rice for a healthy and tasty option. You can also add any veggie or chile that you like.

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