

Gluten Free Quinoa Nasi Goreng



Preparation time: 55 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 23 August 2021

Categories: Quick & Easy, Dinner Recipes, Lunch Recipes



Ingredients

- 1 cup quinoa
- 400g chicken tenderloins
- 1 cup chicken stock, reduced salt
- 4 large cloves garlic, chopped finely
- 1 x 3cm knob ginger, chopped finely or grated
- 15ml salt-reduced soy sauce
- 15ml mirin
- 1 tbsp extra virgin olive oil, plus extra to fry eggs
- 2 French shallots, finely diced (or you substitute onion)
- 6 anchovies
- 1 red chilli
- 1 carrot, grated

- 2 green onions, sliced
- 2 cups baby spinach
- 1 cup coriander, chopped
- 2 tbsp Kecap manis (Indonesian soy sauce)
- 4 eggs
- 1 lime, cut into quarters

Method

1. Preheat the oven to 180°C.
2. Combine the stock, half the garlic, ginger, soy sauce and mirin in an ovenproof dish. Add the chicken and bake for 30 minutes.
3. Rinse the quinoa well and cook in rice cooker or on the stove with 1 cup water. This will take about 20 minutes.
4. When the quinoa and chicken are cooked, heat a frying pan and drizzle with the extra virgin olive oil. Add the shallots, garlic, chilli and anchovies. Cook until the onion is soft and the anchovies have melted down.
5. Add the cooked quinoa to the pan and stir well to coat. Add the carrot, spinach, green onions, coriander and Kecap manis. Stir and cook until the spinach is just wilted.
6. Shred the chicken and add to the pan, stir to mix.
7. Heat a separate frying pan and drizzle with extra virgin olive oil. Fry the eggs until cooked to your liking (cover with a lid to help cook the yolk – it’s best if the yolk is still a little runny to drizzle into the quinoa).
8. Plate up the nasi goreng and top each with a fried egg and a wedge of lime.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
445g	1901kj 454kcal	38.1g	14.2g	2.9g	38.1g	11.1g	872mg	8.3g
Vitamin D								
7.1µg								

All nutrition values are per serve.