

Spicy Kimchi Quinoa Bowls

These spicy kimchi quinoa bowls are the perfect weeknight dinner. They're quick, easy, and super healthy, packed with protein, fermented veggies, and greens!

Ingredients

- 2 teaspoons toasted sesame oil
- 1/2 teaspoon freshly grated ginger
- 1 teaspoon minced garlic
- 2 cups cooked quinoa cooled
- 1 cup kimchi chopped
- 2 teaspoons kimchi "juice" the liquid from the jar
- 2 teaspoons tamari
- 1 teaspoon hot sauce optional
- 2 cups kale finely chopped or chopped cucumber
- 2 eggs
- 1/4 cup sliced green onions for garnish optional
- Fresh ground pepper for garnish optional

Instructions

1. Heat the oil in a large skillet over medium heat. Add ginger and garlic and saute for 30 - 60 seconds until fragrant. Add the quinoa and kimchi and cook until hot, about 2 - 3 minutes. Stir in kimchi juice, tamari and hot sauce if using. Turn to low and stir occasionally while you prepare the other ingredients.
2. In a separate skillet, cook the eggs on low until the whites have cooked through but the yolks are still runny, about 3 - 5 minutes.
3. Steam the kale in a separate pot for 30 - 60 seconds until soft.
4. Assemble the bowls, dividing the kimchi-quinoa mixture and kale evenly between two dishes. Top with green onions and fresh pepper if using.

Notes

This recipe is easily doubled for a larger crowd or for having leftovers to take to work.