Sautéed Spicy Kimchi Quinoa Bowl

UCI Hospitality & Dining
Quinoa sautéed with marinated tofu, chopped kimchi, shredded carrot, diced onion, and fresh kale, garnished with green onion and toasted sesame seeds.

Serves 6-8

Ingredients:
- Sesame Oil: 2 lbs
- Onions (diced): ½ cup
- Garlic (minced): 1 tsp
- Carrots (shredded): ½ cup
- Kimchi: ¼ cup
- Kale (roughly chopped): 3 cups
- Tofu (diced): 1 pound
- Soy Sauce: 3 lbs
- Green Onions: For Garnish
- Sesame Seeds: For Garnish

Instructions:
1. Follow instructions for cooking quinoa.
3. Add shredded carrot and kimchi, sauté for 1-2 minutes.
4. Carefully add tofu, season with salt and pepper, sauté 2-3 minutes and then add kale.
5. Fold in quinoa, you may need to add additional oil to avoid the quinoa sticking to the pan. Add soy sauce and green onions.
6. You can garnish with additional green onions.

How To Cook Quinoa

Serves 4 to 6

Ingredients:
- Uncooked Quinoa (any variety - white, red, or black): 1 cup
- Olive Oil (optional): 2 cups
- Water or stock (any kind - beef, chicken, vegetable): ½ tsp
- Kosher Salt: 

Equipment:
- Fine-mesh strainer
- 2-quart saucepan with lid

Instructions:
1. Rinse the quinoa: Measure 1 cup of quinoa and place into a fine-mesh strainer. Rinse thoroughly with cool water for about 2 minutes. Rub and swish the quinoa with your hand while rinsing. Drain.
2. Toast quinoa in saucepan (optional): Heat a drizzle of olive oil in the saucepan over medium-high heat, and add the drained quinoa. Rub and swish the quinoa to separate it, and toast the quinoa.
3. Add liquid and bring to a boil: Stir in 2 cups of water or broth and the salt. Bring to a rolling boil.
4. Lower heat and cook, covered, for 15 minutes. Turn heat down to the lowest setting. Cover and cook for 15 minutes.
5. Let stand, covered, for 5 minutes: Remove the pot from heat and let stand for 5 more minutes. Covered. Don’t peek!
6. Fluff and eat! Remove the lid - You should see tiny spirals (the germ) separating from the curling around the quinoa seeds. Fluff the quinoa gently with a fork, and serve. If any liquid remains in the bottom of the pan or if the quinoa is still a bit crunchy, return the pot to low heat and cook, covered, for another 5 minutes, until all the water has been absorbed.