

# Quinoa “Fried Rice” with Tofu & Choy Sum

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-tofu-indian-recipe>

## Ingredients:

- 14 ounces tofu Package
- 6 ounces choy sum
- 1 bunch cilantro
- 3 scallions
- 2 cloves garlic
- 1 inch ginger Piece
- 1 carrot
- 1 cup quinoa
- 2 tablespoons mirin
- 2 tablespoons soy sauce
- 2 teaspoons sesame oil
- 1/4 cup hoisin sauce

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 42 grams
3. Fat: 10 grams
4. Fiber: 6 grams
5. Protein: 17 grams
6. SaturatedFat: 2 grams
7. Sodium: 750 milligrams
8. Sugar: 6 grams

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