



Shiitake Mushroom, Buckwheat & Quinoa Stir Fry



MAKES 4 SERVINGS

TOOLS

Wok or large skillet
Chef's knife
2 pots with lids
Medium glass bowl
Silicone spatula

INGREDIENTS

Sauce

Juice from 1 lime
2 tbsp coconut aminos
2 tbsp gluten-free, vegan teriyaki sauce
1 tsp rice wine vinegar
1 tsp sucanat
¼ tsp sriracha sauce
½ tsp fine ground sea salt
Juice from ½ navel orange

Stir Fry

1 ½ cups soaked and cooked quinoa ([here's how](#))
1 ½ cups soaked and cooked buckwheat ([here's how](#))
½ cup cashews, chopped
1 red onion, diced
1 large carrot, diced
1 cup sugar snap peas, sliced into ½" pieces
6 green onions, sliced thinly
1 tbsp fresh minced ginger root
2 cloves garlic, minced
3 tbsp chopped cilantro leaves
1 tbsp + 2 tsp unrefined coconut oil

STEPS

1. If you haven't yet, cook your soaked and rinsed quinoa and buckwheat.
2. Squeeze fresh lime and orange juice into a medium bowl. Add remaining sauce ingredients and stir well. Set aside.
3. Prepare all of your veggies, chop your cilantro and mince your ginger root.
4. In a skillet (or wok if you have one) heated to medium-high, cook red onion and carrots with 1 tbsp coconut oil for 7 minutes. Stir often.
5. Now, increase heat of skillet to high, add mushrooms and 2 tsp coconut oil. Stir for one minute.
6. Add ginger, garlic, half of your green onions and stir-fry for about 30 seconds. Add buckwheat and quinoa and stir-fry for about 1 minute. Fold in snap peas and stir-fry for one minute.
7. Add sauce and fold together for 1 minute.
8. Serve immediately topped with chopped cashews, remaining green onions and cilantro.

LIKE THIS RECIPE?
Tell some folks about it!



SHARING IS PAYING IT
FORWARD—AND
THAT'S GOOD STUFF.



IF YOU USE OUR ADAPTATIONS
OR MAKE THIS RECIPE...

Share what YU come up with:

[Facebook.com/YumUniverse](https://www.facebook.com/YumUniverse)
[Twitter.com/YumUniverse](https://twitter.com/YumUniverse)
[Pinterest.com/HeatherCrosby
YumUniverse.com](https://www.pinterest.com/HeatherCrosby/YumUniverse.com)