



## Spicy Shrimp Fried Rice

4 servings

30 minutes

### Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 lb Shrimp (cooked, peeled and patted dry)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsp Chili Powder
- 2 Egg
- 1/2 Yellow Onion (diced)
- 1 cup Frozen Peas
- 3 Garlic (cloves, minced)
- 5 Green Onion (chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tps Red Pepper Flakes
- 2 tbsps Tamari

### Nutrition

Amount per serving	
Calories	414
Fat	13g
Saturated	0g
Carbs	37g
Fiber	6g
Sugar	3g
Protein	40g

### Directions

- 1 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 3 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 4 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 5 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

### Notes

**Shrimp & Stress Mitigation:** Shrimp is high in choline, a micronutrient related to folate and members of the B vitamin complex that plays several significant roles in our bodies and is recognized as an essential nutrient by the Institute of Medicine. It is directly involved in several vital systems within the body; notably inflammation control, cell integrity and development, liver health, and the nervous system. In fact, choline is the top nutrient recommended to help mitigate the physiological effects of stress in the body. Other sources of choline include eggs (esp. yolks), salmon, and chickpeas.

**Shrimp & Sexuality:** Shellfish is high in vitamin B12, which promotes histamine production. This is important to optimize sexual release in the nervous system. Other

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foods high in vitamin B12 include beef and eggs.

**Shrimp & Thyroid:** A 4-oz serving of shrimp provides more than 100% of the daily recommended intake of selenium, a mineral vital to thyroid function. As the thyroid plays a large role in regulating hormones, energy levels, and weight management, thyroid support is beneficial to everyone! Additionally, selenium is a powerful antioxidant, thereby boosting immunity and liver health.

**Egg Sensitivity?:** Just omit it!