# Make a quick mushroom–quinoa skillet

You asked:

1. I have quinoa and i have mushrooms
2. Anything else i can add to it?

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Yes: make a savory mushroom–quinoa skillet. It takes about 10 minutes if your quinoa is cooked. If it is dry, start it first, then cook the mushrooms while it simmers.

## What you need

For 1–2 servings, use:

- 2 cups sliced mushrooms
- 1½–2 cups **cooked** quinoa
- 1 tablespoon oil or butter
- Salt and black pepper

Helpful, but optional: garlic or onion, soy sauce, a squeeze of lemon, dried herbs, cheese, greens, beans, or an egg.

## If your quinoa is already cooked

1. Heat the oil or butter in a wide skillet over medium-high heat.
2. Add the mushrooms in one layer. Leave them alone for 2–3 minutes.
3. Stir and keep cooking until their liquid has cooked away and they have browned, about 5–8 minutes. Add a pinch of salt near the end.
4. Add garlic, if you have it, and cook for 30 seconds. If using onion, cook it for 2–3 minutes after the mushrooms instead, until softened.
5. Add the cooked quinoa. Stir until hot, then season with pepper and one of the finishes below.

Video recipe for a garlic mushroom and quinoa skillet with spinach.
Watch a mushroom and quinoa skillet recipe with garlic and spinach.
Video · https://www.youtube.com/watch?v=ctzogH1-HCw

The key is not rushing the mushrooms. If you add quinoa while the pan is still watery, the whole dish will taste steamed rather than browned.

## If your quinoa is dry

Rinse ½ cup quinoa in a fine strainer. Put it in a small pot with 1 cup water or stock and a pinch of salt. Bring it to a boil, cover, reduce to low, and simmer for about 15 minutes. Let it sit, covered, for 5 minutes, then fluff with a fork. That makes roughly enough quinoa for this skillet. Package directions should win if they differ. [1]

While it cooks, brown the mushrooms as above. Fold in the cooked quinoa when it is ready.

A 1:2 quinoa-to-liquid ratio is a reliable starting point, though some methods use slightly less liquid for firmer grains. The useful signs are tender, separate grains and little or no liquid left in the pot. [2] [3]

## Choose one finish

Use what you have rather than buying ingredients:

- **Deep savory:** Add 1–2 teaspoons soy sauce or another salty savory sauce.
- **Bright:** Add lemon juice or a small splash of vinegar.
- **Creamy:** Stir in grated cheese, a spoonful of yogurt, or a little butter off the heat.
- **More filling:** Add a fried egg, drained beans, or leftover chicken.
- **More vegetables:** Wilt in spinach or other quick-cooking greens at the end.
- **Only quinoa and mushrooms:** Use oil, salt, and plenty of black pepper. Brown the mushrooms well, then taste before serving.

## More things you can add

Add one or two extras, not everything at once.

- **Greens:** Add 1–2 handfuls of spinach, kale, or other quick greens after the quinoa. Stir just until wilted. Spinach takes only a few minutes. [4] [5]
- **Beans or edamame:** Stir in a drained handful of canned beans or frozen edamame with the quinoa. Cook only until hot. Chickpeas and edamame both work well with mushrooms and quinoa. [6] [7]
- **Egg:** Fry an egg separately and put it on top. Or push the quinoa to one side and scramble an egg in the empty space, then mix it through. [7]
- **Other vegetables:** Add small pieces of zucchini, bell pepper, or broccoli after the mushrooms have browned. Cook them until tender before adding quinoa. Keep watery vegetables moving so they do not make the pan soggy. [8]
- **Herbs and spice:** Try dried thyme, oregano, Italian seasoning, red-pepper flakes, smoked paprika, or curry powder. Add dried spices with the garlic so the hot oil wakes up their flavor.
- **Crunch:** Finish with nuts, seeds, or crispy onions if you have them.

If you use soy sauce, salty cheese, or broth, taste before adding more salt.

Three easy combinations are:

- Garlic + spinach + fried egg
- Onion + beans + lemon
- Thyme + Parmesan + black pepper

Plain browned mushrooms, quinoa, oil, salt, and pepper are still enough.

Eat it from a bowl, or use it as a filling for a wrap or alongside a fried egg.



Garlicky mushroom quinoa.

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**Sources**


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