



20-Min: Chickpea & Spinach Thai Red Curry

with Quinoa & Peanuts



ca. 20min



2 Servings

Thai curries pack a punch of heat, citrus, and aromatics. We've found a way to make a Thai-style curry in just 20 minutes, thanks to our ready-to-heat red Thai coconut curry sauce! Here we simmer chickpeas and silky baby spinach in the curry, then spoon it over fluffy, protein-packed quinoa for a nutritious twist. A sprinkle of peanuts and fresh cilantro on top ensure each bite is full of flavor and texture.

What we send

- 3 oz white quinoa
- 1 yellow onion
- 6 oz red Thai coconut curry sauce ^{2,4,6,7,15}
- 15 oz can chickpeas
- ¼ oz fresh cilantro
- 1 oz salted peanuts ⁵
- 3 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- small saucepan
- medium skillet

Allergens

Shellfish (2), Fish (4), Peanuts (5), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 660kcal, Fat 34g, Carbs 100g, Protein 32g



1. Make quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Keep covered until ready to serve.



2. Prep onion

Meanwhile, finely chop **onion**.



3. Start curry

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **onions**; cook, stirring, until softened, 3-5 minutes. Stir in **curry sauce, chickpeas and their liquid**, and **1 teaspoon sugar**; bring to simmer. Cook over medium-high heat until curry is thickened and flavors meld, about 10 minutes.



4. Prep cilantro & peanuts

Meanwhile, pick and coarsely chop **cilantro leaves**; discard stems. Coarsely chop **peanuts**.



5. Add spinach to curry

After **curry** simmers for 10 minutes, stir **spinach** into skillet and cook until just wilted, 1-2 minutes. Season to taste with **salt** and **pepper**.

Fluff **quinoa** with a fork. Spoon **quinoa** into bowls and top with **chickpea and spinach curry**. Serve **curry** with **cilantro** and **peanuts** sprinkled over top.



6. Serve

Enjoy!