



Quinoa & Lentil Curry

with Coconut & Cilantro



30-40min



2 Servings

We love how creamy and flavorful this lentil quinoa curry is thanks to the quality curry powder loaded with spices. There's a colorful medley of vegetables—carrots, bell peppers, and baby kale—and nutritious French lentils and quinoa laced in the creamy coconut base, turning this dish into a truly satisfying and wholesome meal.

What we send

- garlic
- 1 carrot
- 1 bell pepper
- ¼ oz fresh cilantro
- ¼ oz curry powder
- 2 (¾ oz) coconut milk powder ^{7,15}
- 3 oz French green lentils
- 3 oz white quinoa
- ½ oz tamari soy sauce ⁶
- 3 oz baby kale

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- medium pot

Allergens

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 600kcal, Fat 27g, Carbs 67g, Protein 25g



1. Prep ingredients

Finely chop **2 teaspoons garlic**. Trim ends from **carrot**, then scrub, and thinly slice. Halve **pepper**, remove stem and seeds, then cut into 1-inch pieces. Coarsely chop **cilantro leaves and stems**.



4. Add quinoa

Stir in **quinoa** and **tamari**. Reduce to a simmer over low heat; cover, and cook until quinoa is cooked through and tender and lentils are just tender, about 15 minutes.



2. Cook peppers & carrots

Heat **1½ tablespoons oil** in a medium pot over medium-high. Add **peppers** and **carrots** and cook until lightly browned, 3-4 minutes. Add **garlic**, **all of the curry powder**, and **1 tablespoon oil**. Cook, stirring, until fragrant, about 30 seconds.



5. Add kale

Coarsely chop **baby kale**. Stir into pot. Cook, uncovered, until kale is wilted, about 3 minutes. Add **¼ cup water** if the **curry** seems too thick.



3. Add liquid & lentils

Add **coconut milk powder**, **3 cups water**, and **½ teaspoon salt** into the pot. Stir in **lentils**. Cover and bring mixture to a boil. Reduce heat to medium, partially cover, and cook until lentils are barely tender, about 20 minutes.



6. Finish & serve

Remove from heat and stir in **half of the chopped cilantro**. Season to taste with **salt** and **pepper**. Serve **curry** garnished with **remaining cilantro**. Enjoy!