



## Red Bean Indian Curry

with Gluten-Free Grains Pilaf



20-30min



2 Servings

We were inspired by Rajma dal, an Indian kidney bean and tomato curry. Sometimes traditionally served over basmati rice, we like this flavorful, nutritious curry spooned over a hearty, garlicky pilaf made from gluten-free grains, including wild rice and quinoa. A dollop of creamy cucumber raita on top brings the whole dish together. Cook, relax, and enjoy!

## What we send

- yellow onion
- can kidney beans
- gluten-free grains blend
- plum tomatoes
- fresh cilantro
- garlic
- cucumbers
- ¼ oz curry powder
- 1 container Greek yogurt <sup>7</sup>

## What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

## Tools

- box grater
- medium saucepan
- small saucepan

## Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 740kcal, Fat 31g, Carbs 87g, Protein 28g



### 1. Prep ingredients

Peel **onion**, then finely chop (about 1½ cups). Peel **1 large garlic clove**, then finely chop (about 1 tablespoon). Core **tomatoes**, quarter lengthwise, and cut into ½-inch pieces.



### 2. Cook grains

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **gluten-free grains** and **garlic**. Cook, stirring, until grains are toasted and garlic is fragrant, 1-2 minutes. Add **1 cup water** and **¾ teaspoon salt**. Bring to a boil. Cover and cook over low heat until water is absorbed and grains are tender, about 20 minutes. Remove from heat, cover to keep warm.



### 3. Sauté aromatics

While grains cook, heat **2 tablespoons oil** in a medium saucepan over medium-high. Transfer **onions** to saucepan, then cook until beginning to brown, 6-8 minutes. Add **curry powder** and **1 tablespoon oil**, then cook until fragrant, about 30 seconds.



### 4. Build curry

Add **tomatoes, kidney beans and their liquid**, and **1 teaspoon salt**. Cover and bring to a brisk simmer over medium-high. Continue cooking, partially covered and stirring occasionally, until the tomatoes are soft and the curry has thickened slightly (about 3 cups), 9-11 minutes.



### 5. Make raita

Meanwhile, finely chop most of the **cilantro leaves** and **stems**, reserving a few whole leaves for garnish. Trim ends from **cucumber**, then coarsely grate into a medium bowl using the large holes of a box grater. Stir **Greek yogurt** and **a pinch each salt and pepper** into cucumber.



### 6. Finish & serve

Stir **chopped cilantro** into **curry**, then season to taste with **salt** and **pepper**. Stir in **water**, 1 tablespoon at a time, if curry seems thick. Serve **curry** over **grains pilaf** with a dollop of **raita** and garnish with **whole cilantro leaves**. Enjoy!