

# DINNERLY



## Rajma Dal with Garlic Quinoa & Cilantro



20-30min



2 Servings

This quick kidney bean and tomato curry comes together more quickly than you can call your favorite Indian take-out place. Spoon this hearty, flavorful curry over garlicky quinoa and dig in. We've got you covered!

## WHAT WE SEND

- 1 yellow onion
- 1 plum tomato
- ¼ oz fresh cilantro
- ¼ oz curry powder
- 15 oz can kidney beans
- 3 oz white quinoa

## WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

## TOOLS

- small saucepan
- medium saucepan

## ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 640kcal, Fat 28g, Carbs 79g, Protein 22g



### 1. Prep ingredients

Finely chop **2 teaspoons garlic**. Finely chop **1¼ cups onion**. Core **tomatoes**, quarter lengthwise, and cut into ½-inch pieces. Finely chop **cilantro leaves** and **stems**.



### 2. QUINOA VARIATION

Heat **1 tablespoon oil** and **1 teaspoon garlic** in a small saucepan over medium. Cook until fragrant, about 1 minute. Add **quinoa**; toast until fragrant, about 1 minute. Add **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. Keep covered off heat until ready to serve.



### 3. Brown aromatics

Meanwhile, in a medium saucepan, heat **1 tablespoon oil** over medium-high. Add **onions** and cook until browned, about 6 minutes. Add **curry powder** and **1 tablespoon oil**. Cook, stirring, until fragrant, 30 seconds.



### 4. Build curry

Add **tomatoes, beans and their liquid, 1 teaspoon salt**, and **a few grinds of pepper**. Cover and bring to a boil. Reduce heat to medium-high and cook, partially covered, until tomatoes have softened and liquid has reduced by about half, 9 minutes.



### 5. Finish & serve

Meanwhile, in a small bowl, combine **remaining cilantro and garlic, ¼ teaspoon salt, 2 teaspoons oil**, and **a few grinds of pepper**. Stir into **curry** off heat. Season to taste with **salt** and **pepper** (if too thick, add **1 tablespoon of water** at a time). Fluff **rice** with a fork.

Serve **rajma dal** over **garlic quinoa**. Enjoy!



### 6. Make some raita!

Coarsely grate 1 Persian cucumber, then mix with a dollop of plain yogurt, salt, and pepper. Top our take-out worthy curry with this creamy raita.