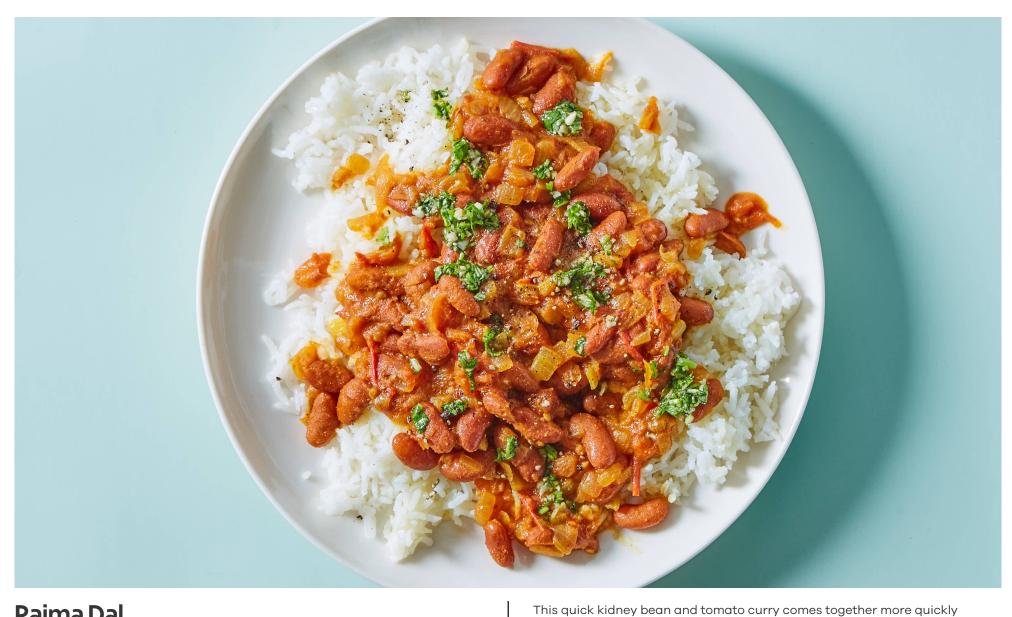
DINNERLY



Rajma Dal with Garlic Quinoa & Cilantro





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
- 1/4 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 **1½ 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 % cup water, and % 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 gromatics

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.