



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 ⁷

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!