

MARLEY SPOON



Chickpea Korma Curry

with Quinoa & Cilantro

 30min  2 Servings

This is the vegetarian curry of our dreams—creamy and full of warming spices. Here we simmer chickpeas, fresh tomatoes, and sweet carrots in a coconut sauce with curry powder and fresh ginger. Greek yogurt stirred in right before serving makes this korma extra creamy. We serve it over fluffy protein-packed quinoa with fresh cilantro for an herbaceous bite.

What we send

- ¾ oz coconut milk powder 7,15
- 1 oz fresh ginger
- 1 carrot
- 1 plum tomato
- 15 oz can chickpeas
- 3 oz white quinoa
- ¼ oz curry powder
- ¼ oz fresh cilantro
- 4 oz Greek yogurt 7
- garlic

What you need

- neutral oil
- kosher salt & pepper

Tools

- fine-mesh sieve
- small saucepan
- medium pot

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 530kcal, Fat 31g, Carbs 71g, Protein 22g



1. Prep ingredients

In a liquid measuring cup, whisk to combine **coconut milk powder** with **1 cup warm tap water**. Finely chop **1 teaspoon garlic**. Peel and finely chop **half of the ginger**. Peel and trim **carrot**, then cut into ¼-inch thick slices on an angle. Core **tomato**, then cut into ½-inch pieces. Drain and rinse **chickpeas**.



4. Sauté aromatics

Transfer **chopped ginger** and **remaining garlic** to pot with **carrots**. Cook, stirring, until fragrant, about 30 seconds. Stir in **1 tablespoon curry powder** and cook until fragrant, about 30 seconds.



2. Cook quinoa

Heat **1 tablespoon oil** in a small saucepan over medium. Add **½ teaspoon of the garlic**; cook, stirring, until fragrant, about 1 minute. Add **quinoa, ¾ cup water**, and **¼ teaspoon salt**. Bring to a boil over high. Reduce heat to low, cover, and cook until quinoa is tender and water is absorbed, about 15 minutes. Let stand for 5 minutes.



5. Simmer curry

Add **chickpeas, tomatoes**, and **coconut milk** to pot. Cover and bring to a boil. Uncover and reduce heat to a simmer. Cook, stirring occasionally, until liquid is the thickness of heavy cream and vegetables are very tender, 3-5 minutes.



3. Sauté carrots

Meanwhile, heat **2 tablespoons oil** in a medium pot over medium-high. Add **carrots** and season with **salt** and **pepper**. Cook, stirring, until browned in spots and just tender, 4-5 minutes.



6. Finish & serve

Meanwhile, coarsely chop **cilantro leaves and stems**. Stir **¼ cup yogurt** and **half of the cilantro** into **curry**. Season to taste with **salt** and **pepper**. Fluff **quinoa** with a fork. Serve **chickpea korma curry** over **quinoa** and sprinkle with **remaining cilantro**. Enjoy!