



Quinoa & Lentil Coconut Curry

with Cilantro



30-40min



2 Servings

We love how creamy and flavorful this lentil quinoa curry is thanks to curry powder loaded with spices. There's a colorful medley of vegetables—carrots, bell peppers, and baby kale—and nutritious French lentils and quinoa laced in the creamy coconut base, turning this dish into a satisfying and wholesome meal.

What we send

- garlic
- 4 oz carrot
- 1 bell pepper
- ½ oz fresh cilantro
- ¼ oz curry powder
- 2 (¾ oz) pkts coconut milk powder ^{7,15}
- 3 oz French green lentils
- 3 oz white quinoa
- ½ oz tamari in fish-shaped pod ⁶
- 3 oz baby kale

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- medium pot

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 610kcal, Fat 26g, Carbs 68g, Proteins 24g



1. Prep ingredients

Finely chop **2 large garlic cloves**. Scrub and trim ends from **carrot**, then thinly slice. Halve **pepper**, remove stem and seeds, then cut into 1-inch pieces. Coarsely chop **cilantro leaves and stems**.



2. Cook peppers & carrots

Heat **1½ tablespoons oil** in a medium pot over medium-high. Add **peppers and carrots**; cook, stirring, until veggies are lightly browned, 3-4 minutes. Add **garlic, all of the curry powder, and 1 tablespoon oil**. Cook, stirring, until fragrant, about 30 seconds.



3. Add liquid & lentils

Add **all of the coconut milk powder, 3½ cups water, and ½ teaspoon salt** to pot with **veggies**. Stir in **lentils**; cover and bring to a boil. Reduce heat to medium, partially cover, and cook until lentils are barely tender, about 20 minutes.



4. Add quinoa

Stir **quinoa** and **tamari** into pot. Reduce heat to low; cover and cook until quinoa is cooked through and tender and lentils are just tender, about 15 minutes.



5. Add kale

Coarsely chop **baby kale**, then stir into pot. Cook, uncovered, until kale is wilted, about 3 minutes. Add **¼ cup water**, if the **curry** seems too thick.



6. Finish & serve

Remove from heat and stir in **half of the chopped cilantro**. Season to taste with **salt and pepper**. Garnish with **remaining cilantro**. Enjoy!