



Quinoa and Lentil Curry

with Coconut and Cilantro



30-40min



4 Servings

We love how creamy and flavorful this lentil quinoa curry is thanks to the quality 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 truly satisfying and wholesome meal. Cook, relax, and enjoy!

What we send

- cloves garlic
- Spice, Curry Powder
- red bell pepper
- carrots
- tamari in fish shaped pods ⁶
- coconut milk ¹⁵
- French lentils
- white quinoa
- fresh cilantro
- baby kale

What you need

- coarse kosher salt
- freshly ground black pepper

Tools

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

Nutrition per serving

Calories 440kcal, Fat 22g, Carbs 41g, Proteins 15g



1. Prep ingredients

Peel and finely chop **3 large garlic cloves**. Trim ends from **carrots**, then scrub, and thinly slice (no need to peel). Halve **pepper**, remove stem and seeds, then cut into 1-inch pieces. Chop **cilantro leaves and stems** together.



2. Cook aromatics

Heat **2 tablespoons oil** in a large pot over medium-high. Add **bell pepper** and **carrots** and cook until lightly browned on the edges, 5-6 minutes. Add **garlic, curry powder**, and **2 tablespoons oil**. Cook until fragrant, about 30 seconds.



3. Add liquid & lentils

Add **coconut milk, 6 cups water**, and **1 teaspoon of salt** to the pot. Stir in **lentils**. Cover and bring mixture to a boil. Reduce heat to medium, partially cover, and cook until lentils are barely tender, about 20 minutes.



4. Add quinoa

Stir in **quinoa** and **tamari**. Reduce to a simmer over low heat, 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**. Stir into pot. Cook, uncovered, until kale is wilted, about 3 minutes. Add **1/3 cup water** if the curry seems too thick.



6. Finish & serve

Remove from heat and stir in **half of the chopped cilantro**. Season with **1 teaspoon salt** and **a few grinds of pepper**. Garnish with **remaining cilantro**. Enjoy!