



Red Bean Indian Curry

with Gluten-Free Grains Pilaf



20-30min



4 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
- cucumbers
- gluten-free grains blend
- garlic
- can kidney beans
- plum tomatoes
- fresh cilantro

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- box grater
- large saucepan
- medium saucepan

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640.0kcal, Fat 24.0g, Proteins 23.0g, Carbs 81.0g



1. Prep ingredients

Peel **onion**, then finely chop (about 2 cups). Peel **2 large garlic cloves**, then finely chop (about 2 tablespoons). Core **tomatoes**, quarter lengthwise, and cut into ½-inch pieces.



2. Cook grains

Heat **2 tablespoons oil** in a medium saucepan over medium-high. Add **gluten-free grains** and **garlic**. Cook, stirring, until grains are toasted and garlic is fragrant, 1-2 minutes. Add **2 cups water** and **1½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until water has absorbed and grains are tender, 20-22 minutes. Remove from heat and keep warm.



3. Sauté aromatics

While **grains** cook, heat **2 tablespoons oil** in a large saucepan over medium-high. Transfer **onions** to saucepan, then cook until beginning to brown, 6-8 minutes. Add **curry powder** and **2 tablespoons oil**, then cook until fragrant, about 30 seconds.



4. Build curry

Add **tomatoes, kidney beans and their liquid**, and **2 teaspoons 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 (to about 5 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!