



Chickpea And Quinoa Curry

Calories:303

Carb:47.3g

Fat:7.3g

Protein:14.3g

Prep time:10 mins

Cook time:20 mins

Total time:30 mins

Servings:5

Category: Main course

ingredients

- 400ml coconut milk
- 1 onion, chopped
- 400g chickpeas, from the can
- 1 cup quinoa, cooked
- 2 tbsp red curry paste
- 1 tsp red curry paste
- 1 tbsp tomato paste
- 200g tomatoes, sliced
- 1/4 lemon, squeezed
- 1/4 tsp chili powder
- 1 tbsp basil
- 170g spinach, cleaned
- salt to taste

directions

- In a large pan, pour coconut milk and bring to a boil, reduce heat to simmer.
- Add chickpea, red curry paste, tomato paste, lemon juice, chili powder, and basil. Combine everything together until even consistency
- Add spinach and chopped onion to the coconut milk mixture and cook for about 15-20 minutes, add cooked quinoa in the last 5 minutes of the cooking, stirring occasionally.
- Season with salt and pepper to taste.