

DINNERLY



Balanced Spicy Thai Green Lentil Curry with Baby Broccoli and Quinoa



30 minutes



2 Servings

Our 'balanced' recipes are just that – high in nutritive value (that's fibre-rich veggies, lean proteins and wholegrains, just between us), so these dishes are good for you in every which way! They're perfect for anyone looking to minimise their intake of refined foods without sacrificing on taste.

WHAT WE SEND

- 125g quinoa
- 1 bunch baby broccoli
- 1 bunch pak choy
- 1 garlic clove
- 380g lentils
- 30g green curry paste
- 200ml coconut milk
- 20g roasted peanuts ¹

WHAT YOU NEED

- 1 tbs vegetable oil
- 2 tsp soy sauce ²
- 2 tsp sugar

TOOLS

- sieve
- small saucepan with lid
- medium deep frypan with lid

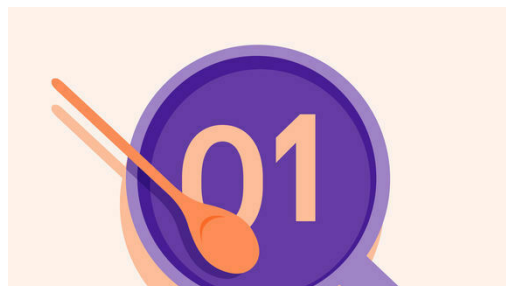
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Peanut (1), Soy (2). May contain traces of other allergens.

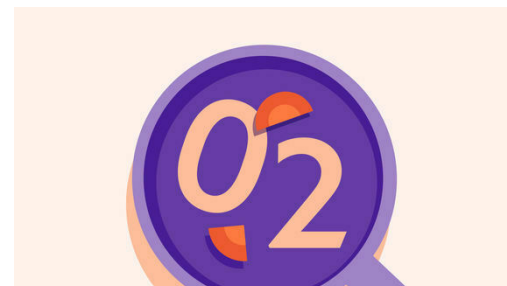
NUTRITION PER SERVING

Energy 740kcal, Fat 37.3g, Carbs 72.3g, Protein 25.9g



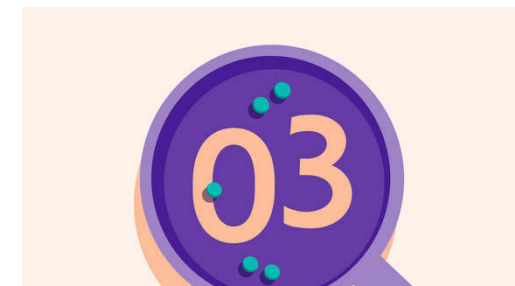
1. Cook quinoa

Put the **quinoa** in a sieve, then rinse well and drain (see Kitchen 101). Put the quinoa in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer. Reduce the heat to low and cook, covered, for 12-15 mins until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins.



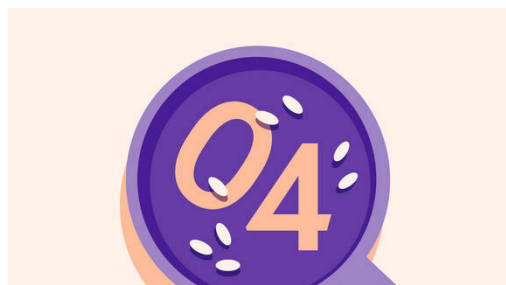
2. Prep ingredients

Meanwhile, cut off the **baby broccoli** florets, then cut the stems into 1cm chunks. Coarsely chop the **pak choy**, keeping the stems and leaves separate. Crush or finely chop 1 **garlic clove**. Drain and rinse the **lentils**.



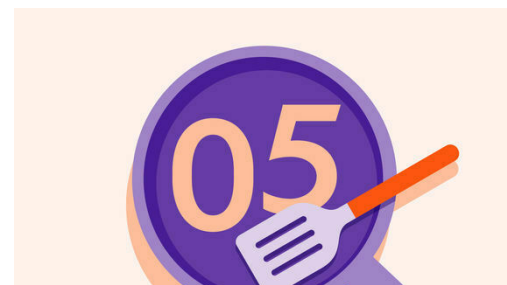
3. Simmer curry

Heat **1 tbs vegetable oil** in a medium deep frypan over high heat. Cook the **garlic** and **curry paste**, stirring, for 30 secs or until fragrant. Stir in the **coconut milk**, **lentils** and **160ml (2/3 cup) water** and bring to the boil. Reduce the heat to medium-low and cook, covered, for 6 mins to develop the flavour.



4. Add veggies

Add the **baby broccoli stems**, **pak choy stems**, **2 tsp soy sauce** and **2 tsp sugar** to the curry and cook, covered, for 2 mins. Add the **baby broccoli florets** and **pak choy leaves** and cook, covered, for a further 2 mins or until the veggies are tender but still with crunch. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **quinoa** and **lentil curry** among bowls. Scatter over the **peanuts** and enjoy!



6. Kitchen 101

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.