



## VEGETABLE, QUINOA AND LENTILS CURRY

 30 minutes

 1 hour

 8 portions

### INGREDIENTS

- 1 large unit of onions, raw (150 g)
- 6 grams of garlic, fresh
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 2 tps of spices, curry powder (4 g)
- 1/2 tsp of salt, table (3 g)
- 1/2 tsp, ground of spices, pepper, black (1 g)
- 165 grams of coconut milk or coconut cream
- 1 drained can of chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids (253 g)
- 1 cup of lentils, pink or red, raw (192 g)
- 160 grams of quinoa, raw
- 10 grams of coriander, fresh
- 2 grams of onion and garlic seasoning cube
- 250 grams of naturally steam peeled diced tomatoes
- 500 grams of broccoli, raw

### COOKING METHOD

- 1° Peel and chop onion and garlic.
- 2° Cooke the lentils in salted water.
- 3° Heat the oil in a large saucepan non stick. Add onion and garlic over medium heat for few minutes until well soften. Sprinkle the curry powder and cook for 30 seconds more, stirring constantly.
- 4° Add the peeled tomatoes, stirring, add 500ml water and the cube of seasoning, bring to a gentle simmer.
- 5° After 20 min add the chickpea, cooked lentils and the quinoa. Simmer gently for another 10 min. For last add the broccolis heads and cook for 5 min.
- 6° Don' t forget to stir and add water if you see it thicken too much
- 7° Adjust seasoning with salt and pepper, chop fresh coriander and add before serving

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (213 g)	% DRI
ENERGY	139 kcal	296 kcal	15 %
FAT	4 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	20 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	145 mg	308 mg	13 %
CARBOHYDRATE	19 g	40 g	13 %
SUGARS	2 g	5 g	—
FIBER	4 g	9 g	37 %
PROTEIN	7 g	14 g	—