



Easy Chickpea & Vegetable Curry with Quinoa

Ingredients

- 15 oz. chick peas from the can
- 2 Tbsp red curry paste
- 1 tsp red curry paste
- 1 Tbsp tomato paste
- 1 Tbsp brown sugar
- ¼ lemon, squeezed
- ¼ tsp chili powder
- 1 Tbsp basil
- 6 oz. spinach, cleaned
- 4 green onions, chopped
- 2 cups mushrooms, sliced
- Salt to taste

Quinoa

- 1 cup quinoa, uncooked
- 2 cup water

Instructions

1. Heat coconut milk in a large pan until it boils and reduce heat to simmer. Add next 7 ingredients to the coconut milk: chick peas, red curry paste, tomato paste, brown sugar, lemon juice, chili powder and basil. Mix to an even consistency.
2. Add spinach, chopped green onions and sliced mushrooms to the coconut milk mixture, bring to boil, reduce to simmer. Simmer for about 15 to 20 minutes, until mushrooms are cooked, stirring occasionally. Add salt and pepper to taste. 6 servings.

Quinoa:

In a separate pan, combine 2 cups of water and 1 cup of quinoa. Bring to a boil, reduce heat to simmer and cook until all liquid is absorbed and quinoa is fully cooked and fluffy. Check in 15 minutes.



Credit where credit is due:
From: An Aphrodisiac-Filled Valentine's Day Menu
By Tianna Robinson for everythingzoomer.com