



# Quinoa and Chickpea Curry

SERVING: 4

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## INGREDIENTS

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- 1 cup cooked quinoa (185g)
- 15 oz of dried chickpeas, cooked
- 1 medium onion, chopped (about 150g)
- 2 medium tomatoes, chopped (about 200g)
- 1 bell pepper, chopped (about 150g)
- 1 can of coconut milk (about 13.5 oz or 400ml)
- 2 teaspoons curry powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Optional: Fresh cilantro for garnish



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## DIRECTIONS

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1. In a large pan, sauté onions, tomatoes, and bell peppers until softened.
2. Add cooked chickpeas and stir in coconut milk.
3. Season with curry powder, turmeric, and cumin to taste.
4. Simmer until the sauce thickens and the flavors meld.
5. Serve the curry over cooked quinoa for a gluten-free and protein-rich meal with a delightful curry flavor.

Calories	Carbs	Protein	Fat	Fibers
370	38	20	20	8