



Quick Coconut Curry Bowls

PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | SERVES: 4

This easy recipe makes a flavorful dinner for four or a simple meal prep of four portions to refrigerate and reheat throughout the week at home or the office. The prep requires no chopping except some of the toppings.

Ingredients

- 1 cup uncooked tri-color quinoa
- 1 can (15 oz.) garbanzo beans, rinsed and drained
- 1 can (14 oz.) light coconut milk
- 1/4 cup water
- 2 to 3 Tbsp. Thai red curry paste, to taste
- 1 can (14.5 oz.) cut green beans, well drained
- 1 can (14.5 oz.) sliced carrots, well drained
- Lime wedges
- Topping options: cilantro or basil, peanuts, green onions, sriracha

Instructions

1. Rinse quinoa and combine with garbanzo beans, coconut milk, water and curry paste in a medium saucepan; stir well. Bring to a boil over high heat. Reduce heat to low; cover and simmer 20 minutes.
2. Uncover and top quinoa with green beans and carrots (do not stir). Cover and let stand 5 to 10 minutes until most of liquid is absorbed.
3. Stir gently and season to taste with salt, if desired. Serve with a lime wedge and choice of toppings. Or, portion evenly into four microwave-safe storage containers and refrigerate. Reheat in microwave, loosely covered, about 2 minutes or until hot. Top as desired.