



IN YOUR BOX

½ cup Quinoa
2 oz. Baby Spinach
1 Cauliflower Head
6 oz. Carrot
1 Lime
½ oz. Roasted Peanuts
5.6 fl. oz. Coconut Milk
4 oz. Edamame
1 Tbsp. Yellow Curry Paste

NUTRITION *per serving* 44g carbohydrates 27g fat 18g protein 1016mg sodium | CONTAINS soy, nuts | calorie-conscious, vegetarian



Calories
451



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Mild

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Medium Pot
Large Non-Stick Pan

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Curried Coconut Quinoa Bowl

with roasted cauliflower and edamame

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- Spice Alert!** Curry can add substantial heat to a dish, so feel free to use half (or less) of provided amount to lessen spiciness.

FROM THE CHEF

If curry reduces too much, add 1 Tbsp. water to loosen.

Did you know...

Quinoa, pronounced “KEEN-wah”, is a deliciously nutty, edible seed that’s very nutritious. It’s so nutritious and easy to digest that NASA is considering it as a crop to grow in space for extended space flights.



Cook the Quinoa

Bring a medium pot with **quinoa** and 1 cup **water** to a boil. Reduce to a simmer, cover, and cook until tender, 14-16 minutes. Remove from burner and stir in **spinach** until it wilts. Season with a pinch of **salt** and **pepper**. While quinoa cooks, prepare ingredients.



Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into bite-sized florets. Peel, trim, and cut **carrot** into ¼” slices on an angle. Quarter **lime**. Coarsely chop **peanuts**.



Sear the Vegetables

Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat. Place **cauliflower florets** and **carrots** in hot pan and cook undisturbed until lightly charred, 2-3 minutes. Remove from burner and season with ½ tsp. **salt** and ¼ tsp. **pepper**. Reserve pan; no need to wipe clean.



Roast the Vegetables

Transfer **seared vegetables** to prepared baking sheet. Spread into a single layer and roast until tender, 6-8 minutes. While vegetables roast, make curry.



Make the Curry Sauce

Return pan used to sear vegetables to medium heat. Add **coconut milk**, **edamame**, and **curry** and stir constantly until curry is dissolved, 30 seconds to 1 minute. Bring to a simmer and cook until a line can be drawn that holds for 5 seconds, 8-10 minutes.



Plate the Dish

Place a serving of **quinoa** on a plate. Add **roasted vegetables** and top with **curry sauce**. Garnish with **peanuts** and serve with **lime wedges**.