



One Pot Vegetarian Quinoa Balti

Looking for a high protein meal that doesn't rely on meat? This one-pot quinoa balti is a great source of protein and fibre, making it a great, nutritious mid-week meal! Quinoa is a complete protein, meaning that it contains all nine essential amino acids that our bodies cannot make on their own.

Nutritional Info

Calories: 524 kcal
Carbohydrates: 96.3 g
Protein: 18.8g
Fat: 6.5 g

Ingredients

- Chickpeas
- White onion
- Chopped tomatoes
- Vegetable Stock cube
- Balti Paste
- Quinoa
- Cashews
- Coriander

Your Pantry

- Olive Oil

Allergens

Celery (Stock Cube - may also contain traces of Egg, Soya & Mustard)

Mustard (Curry Paste)

Curry Paste may contain peanuts and nuts

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle and prepare the vegetables

Peel and finely chop the onion. Finely chop the coriander. Make the stock to 500ml per cube, and set aside 150ml *per person* to use in the dish. Drain the chickpeas.

2) Sauté the vegetables

To a deep, medium frying pan or medium saucepan, add a drizzle of oil. Place on medium heat and add the onions, cooking for 3-4 minutes until softened and beginning to caramelize.

3) Make the curry

Add the balti curry paste to the onions and fry for a minute to release the flavours, then add the quinoa, chickpeas, tomato and stock. Stir to combine and then bring to a simmer, leaving uncovered for 20-25 mins or until the quinoa is cooked and the sauce is thick. If the dish looks a bit too liquid towards the end, crank up the heat and stir frequently to prevent burning. If it looks a little dry, add a bit more water.

4) Plate the dish

Plate the dish in bowls and garnish with the chopped coriander and cashew nuts.



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