



# Veggie Black Bean Curry

with Lime-Coconut Quinoa

Veggie 25 Minutes



-  Black Beans
-  Indian Spice Mix
-  Mild Curry Paste
-  White Quinoa
-  Coconut Milk
-  Cilantro
-  Lime
-  Sweet Potato
-  Coleslaw Cabbage Mix
-  Shallot

## HELLO QUINOA

Often mistaken for a grain, this seed is packed with protein, fibre and minerals!

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, vegetable peeler, measuring spoons, strainer, zester, medium pot, measuring cups, whisk, large non-stick pan

### Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Indian Spice Mix	1 tbsp	2 tbsp
Mild Curry Paste	2 tbsp	4 tbsp
White Quinoa	½ cup	1 cup
Coconut Milk	400 ml	800 ml
Cilantro	7 g	14 g
Lime	1	1
Sweet Potato	170 g	340 g
Coleslaw Cabbage Mix	170 g	340 g
Shallot	50 g	100 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

### Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### Cook quinoa

Add **coconut milk** to a medium pot. Warm over medium heat, whisking often, until there are no lumps. Reserve **half the warm coconut milk** in a medium bowl and set aside. Add **¼ cup water**, **½ tsp salt** (dbl both for 4 ppl) and **quinoa** to the medium pot with **remaining coconut milk**. Bring to a simmer over high heat. Once simmering, reduce heat to low. Cover and cook until **quinoa** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat. Set aside, still covered.



### Finish curry

Add **black beans**, **sweet potatoes**, **reserved coconut milk** and **¾ cup water** (dbl for 4 ppl) to the pan with **shallots**. Season with **salt** and **pepper**. Bring to a simmer over high heat, then stir to combine. Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **sweet potatoes** are fork-tender, 10-12 min. Add **coleslaw cabbage mix**. Cook, stirring often, until **coleslaw cabbage mix** is tender-crisp, 2-3 min. Season with **salt** and **pepper**, to taste.



### Prep

While **quinoa** cooks, peel, then cut **sweet potato** into ¼-inch pieces. Peel, then cut **shallot** into ¼-inch pieces. Zest **lime**, then cut **half the lime** into wedges (whole lime for 4 ppl). Roughly chop **cilantro**. Drain and rinse **black beans** in a strainer.



### Finish quinoa

While **curry** cooks, add **lime zest** to the pot with **quinoa**. Fluff with a fork, then season with **salt**, to taste.



### Start curry

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl pan to melt. When melted, add **shallots**. Cook, stirring occasionally, until softened slightly, 1-2 min. Season with **salt** and **pepper**. Add **mild curry paste** and sprinkle **Indian Spice Mix** over top. Cook, stirring often, until **paste** is fragrant and slightly thickened, 30 sec.



### Finish and serve

Divide **quinoa** between plates. Spoon **curry** over top. Sprinkle with **cilantro**. Squeeze a **lime wedge** over top, if desired.

## Dinner Solved!