

Indian Quinoa and Chickpea



Ingredients:

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| 3 tablespoons olive oil | 4 garlic cloves, chopped/minced |
| 1 tablespoon fresh ginger, grated | 1 teaspoons chilli powder |
| 3 cups cooked quinoa | 1 1/2 teaspoons smoked paprika |
| 1 can chickpeas (rinsed and drained) | 2 teaspoons cumin |
| 1 can diced tomatoes | 2 teaspoons garam masala |
| 2 cups fresh kale leaves, chopped | 2 teaspoons red curry paste |
| 1 onion, sliced thin | Pinch of salt and pepper |
| 1 capsicum, sliced thin | |

Instructions:

1. Thinly slice onion and capsicum.
2. Peel garlic cloves and chopped/mince.
3. Peel ginger and grate.
4. Heat the olive oil on medium-low in a large cooking pot.
5. Add the spices and let them simmer on LOW heat for 2-3 minutes.
6. Add the onion and raise the heat to medium. Cook, for about 3 minutes.
7. Add the garlic, ginger, and capsicum and stir-fry for about a minute.
8. Add the quinoa and stir fry for another minute.
9. Add the chickpeas and the tomatoes.
10. Fold in the kale and cook, stirring frequently, for about 2 minutes.
11. Add the salt and pepper.
12. Wash and dry dishes, wipe down benches and put dirty tea towels in laundry baskets.