

Beans, Rice And Everything Nice

Curry Leaves Quinoa



original recipe by: beansriceeverythingnice.weebly.com



Ingredients

makes 4–6 servings

- 2.5 cm (1inch) knob tamarind, soaked in 1/4 cup hot water (optional) or 1 Tablespoon tamarind paste
- 1 teaspoon coriander seed
- 1 teaspoon cumin seed
- 1/2 teaspoon fenugreek seed
- 1/2 teaspoon brown mustard seeds
- 1/2 teaspoon black peppercorns
- 2 dried red chiles
- 1/2 cup packed fresh curry leaves or 1/4 dried curry leaves
- 1 cup quinoa
- 2 cups water
- 2 cups cooked or 1 can chickpeas, drained and rinsed

1. Add the tamarind pulp to the hot water and let sit while you toast the spices. Toast the spices one at a time over medium heat in a dry stainless steel pan until lightly browned and aromatic. Reduce the heat if the seeds seem to be browning too fast. Once all the spices are toasted, add the curry leaves to the pan and cook, stirring frequently, until the leaves are paper dry and lightly browned.
2. Add the spices and the curry leaves to a blender (use a blender not a spice grinder) and grind into a powder.
3. Add the quinoa and ground spices to a medium saucepan. If using tamarind pulp, strain and add to the pot. If using tamarind paste, add directly to the pot. Add the water and stir to combine. Cover with a lid and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer for 15 minutes.
4. Turn off the heat, stir in the chickpeas, re-cover, and let steam for 5 minutes. Serve with Quick Apricot Chutney.