



Welcome To Our **Wellness Chefs** with Vegan Chef Sandi Morais



Quinoa Curry Coconut Bean Salad

Celebrity Vegan Chef, Sandi Morais, says “A salad is not just an appetizer.” A salad can be created to make a satisfying meal by adding some plant protein, healthy fats, and good carbs. Eating a big colorful salad is a great way to get some of your nutrients. This simple and easy to prepare **Quinoa Coconut Curry Bean Salad** is delicious and full of flavor.

Serves: 2

Prep Time: 10 minutes

Cook Time: 20-30 minutes

Ingredients: Quinoa recipe

1/2 cup quinoa

1 cup water

1 veggie bouillon

1 teaspoon olive oil

1 small garlic clove (chopped)

Salad

3 cups baby kale or spinach

1 cup shredded carrot

1/2 cup grape tomatoes

1/2 cup dried cranberries

Curry Coconut Bean Sauce

2 cups garbanzo beans (cooked)

1 1/2 tablespoons coconut oil

2 garlic cloves (chopped)

2 tablespoons red pepper

(chopped)

1 teaspoon turmeric powder

1/2 teaspoon cumin powder

1/2 teaspoon coriander powder

3 tablespoons coconut cream

1/2 cup water

Sea salt

Method:

Step 1. Wash the quinoa. Use a fine mesh strainer and drain off the water. Put the water into a pot and add the quinoa to the water. Add olive oil, veggie bouillon, garlic and sea salt. Bring the water to a boil. Cover the pot and turn the stove on low. Allow the quinoa to cook for 20-25 minutes.



Curry Coconut Bean Sauce:

Step 2. Add coconut oil to sauce pan. Once the oil is slightly hot add garlic and peppers. Sauté for a few seconds; then add turmeric, coriander and cumin. Sauté for a few seconds. Add water and coconut cream. Mix together and allow the sauce to get thick. Add garbanzo beans to the sauce and mix together. Salt to taste. If the sauce is too thick add a little more water.

Step 3. Put quinoa into a bowl. Add baby kale, or spinach. Add tomatoes, shredded carrot and dried cranberries. Add curry bean sauce to the bowl.

Recipe by Sandi Morais, Celebrity Vegan Chef

KUOM Wellness Chefs Journalist

Photo Credit: Michael Philip Thomas

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