

Curry Quinoa with Spicy Roasted Carrots and a Lime Mint Yogurt Sauce - The perfect Indian-inspired side dish that is fresh, flavorful, and family-friendly!

## Ingredients

### Curry Quinoa

- 1 cup quinoa
- 2 cups water
- 1 Tbsp grass-fed butter, coconut oil, or ghee
- 1 Tbsp hot madras curry powder (or regular curry powder)
- 1 tsp salt
- Spicy Roasted Carrots
- 1 large bag of carrots (or tri-color carrots)
- 1 Tbsp salt-free spicy seasoning
- 1 Tbsp avocado oil
- 1 tsp salt

### Lime Mint Yogurt Sauce

- ½ cup organic plain yogurt (lactose-free or dairy)
- ½ juice of lime + zest
- ½ tsp organic sugar
- 1-2 Tbsp fresh mint leaves
- ½ tsp salt

### Topping blend

- 2 Tbsp coconut flakes
- 2 Tbsp chopped almonds
- 1 tsp no-salt spicy seasoning
- ¼ tsp salt

### Garnish: cilantro and lime wedges

## Directions

1. Add all ingredients (from curry quinoa) to a medium pot and prepare quinoa as instructed on the package.

\*\*What I like to do to save time - add all ingredients (from curry quinoa) to a rice cooker and cook on the *white rice* setting.

1. Preheat the oven to 475 degrees. Peel and cut carrots longways. In a large mixing bowl, combine carrots, seasonings, and oil. Toss to combine. Line a large baking sheet with parchment paper and place carrots on the tray. Try not to overcrowd the carrots for even cooking! Cook for 20 min until cooked through and crispy. If you have thicker carrots, you may need to flip carrots over and cook for an additional 15-20 min.
2. To make the yogurt sauce, simply add all ingredients to a processor or nutri-bullet and blend until fully corporated. Taste test first before setting aside. You may need to add 1 Tbsp increments of water for desired sauce consistency.
3. In a small bowl, combine the topping blend until fully incorporated.
4. To assemble your side dish, layer the following components on a serving platter: Curry quinoa, spicy roasted carrots, yogurt sauce, chopped cilantro, and sprinkle topping blend! Enjoy!

## Notes

- Products used in this recipe: [salt-free spicy seasoning](#), [hot madras curry powder](#), [curry powder](#), [organic plain lactose-free yogurt](#)