

**SPRING VEGETABLE & QUINOA BOWL MADE WITH CAMPBELL'S
RESERVE THAI GREEN CURRY SAUCE**



Total Time
30 MIN.

Serving & Size
**SERVING (1/2 CUP QUINOA, 1/2 CUP
VEGETABLES, 1/4 C**

Difficulty
EASY

Yields
20

Spring vegetables and Quinoa in a bold Thai Green Curry sauce infused with hints of coconut and cilantro to round out the dish. Made with Campbell's® Reserve Thai Green Curry Sauce.

Nutrition Facts		SERVING (1/2 CUP QUINOA, 1/2 CUP VEGETABLES, 1/4 C	
Serving Size			
Amount Per Serving			
Calories 295			
		% Daily Value	
Total Fat 13.6g			21%
Saturated Fat 2.1g			11%
Cholesterol 11mg			4%
Sodium 801mg			33%
Total Carbohydrate 35.8g			12%
Dietary Fiber 5.2g			21%
Protein 8.5g			17%
Vitamin A 46%		Vitamin C 97%	
Calcium 12%		Iron 12%	

INGREDIENTS

	WEIGHT	MEASURE
olive oil		2 tbsp.
red and orange bell pepper, julienne	17 oz.	4 cups
baby cut carrots	13 oz.	3 cups
baby bok choy, small, whole head	80 oz.	20
wild mushrooms, sliced	10 oz.	4 cups
kosher salt		1 tbsp.
black pepper, freshly ground		3 tsp.
Campbell's® Reserve® Thai Green Curry Sauce , 3 lb pouch	3 lb.	1 bags
cooked quinoa, hot	65 oz.	10 cups
lime, cut into wedges		4
cilantro	2 oz.	20 sprigs

INSTRUCTIONS

1. In a large saute pan over medium heat add the olive oil, red and orange peppers and carrots. Cook 5 minutes.
2. Add the baby bok choy and cook for 5 minutes.
3. Add the mushrooms and salt and pepper. Cook for 3 minutes.
4. Add the Campbell's Reserve Thai Green Curry sauce. Bring to a simmer for 4 minutes. CCP: Heat to 165°F for 1 minute.
CCP: Hold for hot service at 140°F or higher.
5. To Serve: Use a #8 scoop to portion 1/2 cup of the quinoa in the middle of a bowl. Top with 1/2 cup vegetables (4 oz spoodle) and 1/4 cup (2 oz ladle) green curry sauce. Garnish with lime wedge and cilantro. Serve immediately.

TIP

This dish can be made with any grain or noodle.

Recipe shown with Red Quinoa but can be made with any variety.