

PROTEIN COCONUT CURRY GLOW BOWL

HIGH-PROTEIN* • PASSOVER-FRIENDLY • READY IN 25 MINUTES

PREP TIME: 10-15 MINS

COOK TIME: 25 MINS

TOTAL TIME: 25 MINS



*25G PROTEIN PER SERVING

INGREDIENTS

- ½ CUP DRY TVP (REHYDRATED)
- 1 CAN CHICKPEAS, DRAINED
- 1-1.5 CUPS CALIFORNIA BLEND VEGGIES (FROZEN IS FINE)
- 1 CUP PEPPER & ONION MIX (FRESH OR FROZEN)
- ½-1 CUP COCONUT CURRY SAUCE
- 1-2 CUPS RICE OR QUINOA (OPTIONAL BASE)
- LIME JUICE
- CHILI FLAKES OR CAYENNE
- NUTRITIONAL YEAST
- FRESH PARSLEY
- HANDFUL OF SPINACH OR SPRING MIX

TIPS & VARIATIONS:

- ADD SALMON OR CHICKEN FOR EXTRA PROTEIN
- SWAP CHICKPEAS FOR LENTILS OR BLACK BEANS
- USE CAULIFLOWER RICE FOR A LIGHTER OPTION
- USE QUINOA INSTEAD OF RICE FOR EXTRA PROTEIN
- TOSS IN SPINACH TO LIGHTLY WILT.

DIRECTIONS (MAKES 4 SERVINGS)

- REHYDRATE & SEASON THE TVP
- SOAK IN HOT WATER OR BROTH. ADD GARLIC POWDER, ONION POWDER, OR CURRY POWDER IF YOU HAVE IT. IN A PAN, SAUTÉ YOUR PEPPER & ONION MIX UNTIL SLIGHTLY SOFTENED.
 - 👉 THIS STEP ALONE CHANGES EVERYTHING—DON'T SKIP IT.
- CREATE THE CURRY AND ADD: CHICKPEAS, CALIFORNIA BLEND VEGGIES
- COCONUT CURRY SAUCE, LET IT SIMMER SO EVERYTHING GETS COATED AND INFUSED. ADD YOUR TVP AND MIX WELL. LET IT COOK A FEW MORE MINUTES SO THE FLAVORS REALLY COME TOGETHER.
- TURN OFF HEAT AND ADD: SQUEEZE OF LIME JUICE, CHILI FLAKES OR CAYENNE, NUTRITIONAL YEAST, FRESH PARSLEY.

RECIPE BY COACH ROSE

Love Yourself