



Black Pepper Goat Curry



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons peppercorns whole black
- ☐ 2 tablespoons cayenne pepper to taste
- ☐ 0.5 cup curry leaves fresh
- ☐ 5 cloves garlic minced
- ☐ 2 inch ginger minced
- ☐ 2 tablespoons ground coriander
- ☐ 1 tablespoon ground turmeric
- ☐ 1 onion chopped

- ☐ 2 onions thinly sliced
- ☐ 1 tablespoon salt
- ☐ 1 pound goat stew meat cut into 1-inch cubes
- ☐ 0.5 cup tomato paste
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup water

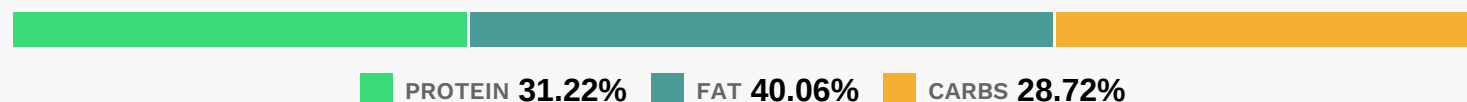
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ stove

Directions

- ☐ Heat 1 teaspoon of oil in a saucepan over medium heat. Stir in the chopped onion, and cook until the onion turns translucent and the edges begin to brown, about 7 minutes. Scrape the onion into the container of a blender, and set aside. Return the saucepan to the stove, and stir in the curry leaves and peppercorns. Cook and stir until the curry leaves wilt and turn almost dry, about 5 minutes. Stir in the coriander, and cook 1 minute more. Scrape the curry leaves into the blender, and pour in 1/2 cup of water. Blend until the mixture has turned into a coarse paste.
- ☐ Heat 3 tablespoons of oil in the saucepan over medium heat. Stir in the sliced onions, and cook until the onions have softened and turned translucent, about 5 minutes. Stir in the ginger and garlic, continue cooking until the garlic softens and mellows, about 3 minutes more. Stir in the cayenne pepper, salt, and turmeric; continue cooking 2 minutes. Finally, stir in the tomato paste, goat meat, pureed peppercorn sauce, and the remaining 1/2 cup of water. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the meat is tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:40.008260726929%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg

Nutrients (% of daily need)

Calories: 383.25kcal (19.16%), Fat: 17.61g (27.1%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 20.27g (7.37%), Sugar: 7.93g (8.81%), Cholesterol: 70.31mg (23.44%), Sodium: 2075.5mg (90.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Vitamin B3: 689.43mg (3447.13%), Folate: 6988.8µg (1747.2%), Vitamin C: 1200.45mg (1455.09%), Vitamin A: 3804.78IU (76.1%), Manganese: 1.21mg (60.65%), Vitamin B6: 1.07mg (53.48%), Selenium: 35.32µg (50.46%), Zinc: 5.5mg (36.67%), Calcium: 353.86mg (35.39%), Vitamin B12: 2.1µg (34.96%), Phosphorus: 348.84mg (34.88%), Vitamin K: 34.68µg (33.03%), Fiber: 8.15g (32.59%), Iron: 5.68mg (31.53%), Potassium: 1061.81mg (30.34%), Vitamin E: 3.46mg (23.09%), Magnesium: 88.99mg (22.25%), Vitamin B2: 0.36mg (21.44%), Copper: 0.43mg (21.42%), Vitamin B1: 0.22mg (14.49%), Vitamin B5: 0.74mg (7.42%)