



HEALTH SCORE

75%

Cauliflower and Chickpea Curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce garbanzo beans drained and rinsed canned
- ☐ 14 ounce canned tomatoes skinless chopped canned
- ☐ 1 medium cauliflower trimmed ()
- ☐ 1 large pinch pepper dried
- ☐ 1 handful cilantro leaves good chopped
- ☐ 2 teaspoons garam masala
- ☐ 4 garlic clove chopped
- ☐ 1 teaspoon ginger freshly grated

- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 3 onion chopped
- ☐ 4 servings sea salt
- ☐ 4 servings pepper black freshly ground
- ☐ 2 star anise
- ☐ 2 tablespoons unrefined sunflower oil

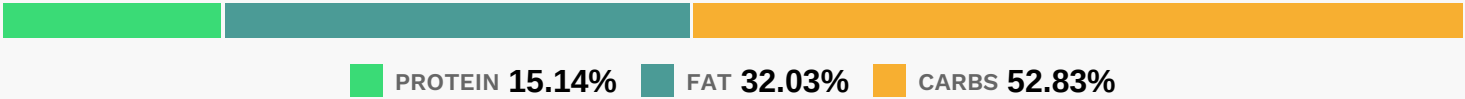
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cut the cauliflower into medium florets. Put into a large pan, cover with cold water, add some salt, and bring up to a rolling boil. This will partly cook the cauliflower. Take off the heat right away, drain well, and keep warm in the pan.
- ☐ Heat the oil in a second large saucepan over medium heat.
- ☐ Add the onions, garlic, and ginger and sauté for about 10 minutes, stirring often.
- ☐ Add the ground coriander, cumin, chile flakes, star anise, and some salt and pepper and cook for a further 5 minutes.
- ☐ Add the tomatoes with their juice and the chickpeas. Stir well, then add the parcooked cauliflower.
- ☐ Pour in enough cold water to almost but not quite cover everything (1/3 to 3/4 cup/100 to 200ml) and bring to a simmer. Simmer for 5 to 10 minutes, stirring once or twice, until the cauliflower is tender.
- ☐ Stir in the garam masala and half of the chopped cilantro, then check the seasoning.
- ☐ Serve scattered with the remaining cilantro and accompanied by rice, flat breads, or naan.
- ☐ Hugh Fearnley-Whittingstall is a renowned British broadcaster, writer, farmer, educator, and campaigner for sustainably produced food. He is the James Beard Award-winning author of seven books. Hugh established the River Cottage farm in Dorset, England in 199
- ☐ Visit www.rivercottage.net.

Nutrition Facts



Properties

Glycemic Index:64.08, Glycemic Load:9.07, Inflammation Score:-8, Nutrition Score:25.057826104371%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.1mg, Quercetin: 18.1mg, Quercetin: 18.1mg, Quercetin: 18.1mg

Nutrients (% of daily need)

Calories: 267.72kcal (13.39%), Fat: 10.33g (15.9%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 26.9g (9.78%), Sugar: 10.68g (11.87%), Cholesterol: 0mg (0%), Sodium: 651.29mg (28.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Vitamin C: 86.24mg (104.54%), Manganese: 1.46mg (72.78%), Vitamin B6: 1.03mg (51.48%), Fiber: 11.45g (45.79%), Folate: 136.26µg (34.06%), Vitamin K: 31.64µg (30.14%), Potassium: 1042.79mg (29.79%), Vitamin E: 4.32mg (28.8%), Iron: 4.39mg (24.37%), Copper: 0.46mg (22.93%), Phosphorus: 215.06mg (21.51%), Magnesium: 85.7mg (21.42%), Vitamin B5: 1.66mg (16.63%), Vitamin B1: 0.23mg (15.56%), Calcium: 145.52mg (14.55%), Vitamin B3: 2.29mg (11.44%), Vitamin B2: 0.19mg (11.07%), Zinc: 1.65mg (10.98%), Selenium: 4.64µg (6.63%), Vitamin A: 319.83IU (6.4%)