



Country Captain with Cauliflower and Peas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 1.7 cups canned tomatoes with added puree (from 28-ounce can) crushed
- ☐ 1 small head cauliflower trimmed cut into 1-inch florets (4 cups)
- ☐ 0.3 teaspoon ground pepper (scant)
- ☐ 0.5 inch cinnamon sticks
- ☐ 6 servings kosher salt
- ☐ 0.3 cup coconut or lightly toasted
- ☐ 1.5 teaspoons coriander seeds

- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 cup cherries dried finely chopped
- ☐ 1 teaspoon fennel seeds
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 2 garlic clove minced
- ☐ 1 bunch spring onion dark chopped
- ☐ 1.5 cups chicken broth ()
- ☐ 1.5 cups peas frozen thaw (9 to 10 ounces; do not)
- ☐ 0.3 teaspoon cardamom pods whole green (from 3 cardamom pods)
- ☐ 2 pounds chicken thighs boneless skinless trimmed cut into 1- to 2-inch pieces
- ☐ 1 tablespoon creamy peanut butter
- ☐ 0.5 teaspoon turmeric
- ☐ 5 tablespoons vegetable oil divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Place corianderseeds, fennel seeds, cumin seeds, blackpeppercorns, cloves, cardamom seeds, andcinnamon stick in small dry skillet. Stir overmedium heat until fragrant and slightlydarker in color, 5 to 6 minutes.
- ☐ Remove fromheat; cool. Finely grind spices in spice millor in mortar with pestle.
- ☐ Transfer to smallbowl; add turmeric and cayenne.
- ☐ Heat 3 tablespoons oil inheavy large deep pot over medium-highheat.

- ☐ Add cauliflower florets; sprinkle with coarse kosher salt and sauté until beginning to soften and brown in spots, 6 to 7 minutes.
- ☐ Transfer to medium bowl.
- ☐ Add remaining 2 tablespoons oil and half of chicken to same pot; sprinkle with coarse kosher salt and sauté until chicken is light brown on all sides, about 6 minutes.
- ☐ Transfer chicken to large bowl. Repeat with remaining chicken.
- ☐ Add white parts of green onions, finely grated ginger, and minced garlic to same pot; reduce heat to medium and sauté until fragrant, about 1 minute.
- ☐ Add ground spice mixture; stir 15 seconds. Stir in 1 1/2 cups chicken broth and bring to boil, scraping up any browned bits.
- ☐ Add crushed tomatoes; reduce heat to medium-low, cover, and simmer 15 minutes. Stir in dried cherries and peanut butter; return chicken and any accumulated juices to pot. Cover and simmer 10 minutes.
- ☐ Add sautéed cauliflower to pot; cover and simmer until chicken is cooked through and cauliflower is tender, adding more chicken broth by 1/4 cupfuls if mixture is dry, about 10 minutes longer. Season with coarse salt and pepper. DO AHEAD: Can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated. Rewarm over medium heat before continuing.
- ☐ Add frozen peas to stew and simmer until heated through, about 5 minutes. Ladle stew into bowls.
- ☐ Sprinkle each serving with green onion tops and toasted coconut shavings and serve.
- ☐ * Strips of unsweetened coconut (also called coconut chips); available at some supermarkets and at many natural food stores and from melissas.com.
- ☐ Bon Appétit

Nutrition Facts



PROTEIN 34.02% **FAT 45.9%** **CARBS 20.08%**

Properties

Glycemic Index: 49.89, Glycemic Load: 3.53, Inflammation Score: -9, Nutrition Score: 26.587391272835%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 414.37kcal (20.72%), Fat: 21.49g (33.07%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 15.02g (5.46%), Sugar: 10.13g (11.25%), Cholesterol: 143.64mg (47.88%), Sodium: 465.43mg (20.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.84g (71.69%), Vitamin B3: 11.54mg (57.7%), Vitamin C: 43.57mg (52.81%), Selenium: 36.41µg (52.01%), Vitamin K: 53.67µg (51.12%), Vitamin B6: 0.96mg (48.12%), Phosphorus: 404.81mg (40.48%), Manganese: 0.64mg (31.91%), Potassium: 919.43mg (26.27%), Fiber: 6.13g (24.53%), Vitamin B2: 0.41mg (24.18%), Vitamin B5: 2.39mg (23.92%), Zinc: 3.33mg (22.19%), Vitamin B1: 0.32mg (21.46%), Iron: 3.77mg (20.95%), Magnesium: 80.35mg (20.09%), Copper: 0.38mg (18.83%), Folate: 69.95µg (17.49%), Vitamin B12: 1.03µg (17.11%), Vitamin E: 2.45mg (16.32%), Vitamin A: 778.76IU (15.58%), Calcium: 84.43mg (8.44%)