



Easy peasy lentil curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 2 medium onions cut into rough wedges
- ☐ 4 tbsp curry paste
- ☐ 850 ml vegetable stock
- ☐ 750 g stewpack vegetables frozen
- ☐ 100 g lentil red
- ☐ 200 g rice
- ☐ 4 servings turmeric

- ☐ 1 handful raisins and parsley roughly chopped
- ☐ 4 servings poppadums and mango chutney

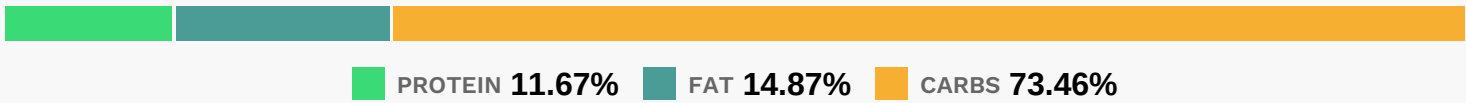
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan.
- ☐ Add the onions and cook over a high heat for about 8 minutes or until they are golden brown. Stir in the curry paste and cook for a minute. Slowly pour in a little of the stock so it sizzles, scraping any bits from the bottom of the pan. Gradually pour in the rest of the stock.
- ☐ Stir the frozen vegetables, cover and simmer for 5 minutes.
- ☐ Add the lentils and simmer for a further 15–20 minutes or until the vegetables and lentils are cooked.
- ☐ While the curry is simmering, cook the rice according to the packet instructions, adding the turmeric to the cooking water.
- ☐ Drain well.
- ☐ Season the curry with salt, toss in a handful of raisins and chopped parsley, then serve with the rice, poppadums and chutney.

Nutrition Facts



Properties

Glycemic Index:80.4, Glycemic Load:46.85, Inflammation Score:-10, Nutrition Score:27.99217354733%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 583.77kcal (29.19%), Fat: 9.87g (15.19%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 109.72g (36.57%), Net Carbohydrates: 91.51g (33.28%), Sugar: 15.49g (17.21%), Cholesterol: 0mg (0%), Sodium: 947.77mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.86%), Vitamin A: 12344.19IU (246.88%), Manganese: 1.51mg (75.57%), Fiber: 18.21g (72.82%), Folate: 191.39µg (47.85%), Vitamin B1: 0.52mg (34.69%), Vitamin C: 28.35mg (34.37%), Phosphorus: 308.93mg (30.89%), Iron: 5.28mg (29.31%), Potassium: 876.58mg (25.05%), Vitamin B6: 0.5mg (24.96%), Magnesium: 98.48mg (24.62%), Copper: 0.48mg (24.21%), Vitamin E: 3.12mg (20.79%), Vitamin B3: 4mg (20.02%), Zinc: 2.75mg (18.31%), Vitamin B2: 0.28mg (16.63%), Selenium: 11.14µg (15.91%), Vitamin B5: 1.42mg (14.23%), Calcium: 116.46mg (11.65%), Vitamin K: 2.03µg (1.94%)