



Goat curry



Vegetarian



Gluten Free

READY IN



205 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large onion roughly chopped
- ☐ 10 garlic clove
- ☐ 100 g ginger chopped
- ☐ 100 ml vegetable oil
- ☐ 2 scotch bonnet peppers chopped
- ☐ 1 small handful curry leaves
- ☐ 3 thyme sprigs
- ☐ 4 tbsp curry powder

- ☐ 700 g yogurt diced
- ☐ 400 g canned tomatoes chopped canned
- ☐ 300 ml beef stock
- ☐ 410 g pea-mond dressing canned
- ☐ 0.5 juice of lemon
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 4 servings rice warmed (Jamaican flatbread)

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ casserole dish

Directions

- ☐ Place the onion, garlic and ginger in a food processor and blend to a pure.
- ☐ Heat the oil in a large flameproof casserole dish, add the onion mixture and cook for 5 mins until softened.
- ☐ Add the chillies, curry leaves, thyme, curry powder and 2 tsp salt. Cook for 2–3 mins until fragrant.
- ☐ Tip the mutton or goat into the pan. Cook for 5 mins over a medium–high heat until the meat has browned.
- ☐ Add the chopped tomatoes and stock. Increase the heat, bring to the boil and cook for 10 mins. Reduce heat, cover and leave to simmer gently for 2 hrs remove the lid for the final 30 mins of cooking.
- ☐ Add the beans to heat through, plus more chilli if you want it spicier. After 5 mins more, remove from the heat.
- ☐ Add the lemon juice and coriander, and stir well.
- ☐ Serve with warmed roti and rice.

Nutrition Facts



 **PROTEIN 13.53%**  **FAT 49.98%**  **CARBS 36.49%**

Properties

Glycemic Index:84.8, Glycemic Load:10.87, Inflammation Score:-10, Nutrition Score:33.966087133988%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 559.79kcal (27.99%), Fat: 32.37g (49.8%), Saturated Fat: 8.62g (53.86%), Carbohydrates: 53.16g (17.72%), Net Carbohydrates: 40.94g (14.89%), Sugar: 18.62g (20.69%), Cholesterol: 19.25mg (6.42%), Sodium: 385.07mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.71g (39.42%), Folate: 311.58µg (77.9%), Manganese: 1.25mg (62.25%), Vitamin K: 63.5µg (60.47%), Fiber: 12.23g (48.9%), Vitamin C: 39.35mg (47.69%), Phosphorus: 468.07mg (46.81%), Vitamin B3: 9.25mg (46.23%), Potassium: 1397.59mg (39.93%), Copper: 0.74mg (36.96%), Iron: 6.62mg (36.79%), Calcium: 363.16mg (36.32%), Magnesium: 139.98mg (35%), Vitamin E: 5.11mg (34.04%), Vitamin B6: 0.66mg (32.98%), Vitamin B1: 0.45mg (30.18%), Vitamin B2: 0.48mg (28.02%), Zinc: 2.79mg (18.58%), Vitamin A: 877.74IU (17.55%), Vitamin D: 2.28µg (15.17%), Vitamin B5: 1.42mg (14.23%), Selenium: 9.23µg (13.18%), Vitamin B12: 0.12µg (2.04%)