



# Indian Curry Couscous with Broccoli and Edamame

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon ajwain seeds (carom)
- 1 bunch broccoli cut into florets
- 1 tablespoon canola oil
- 1 pinch chili powder
- 0.5 cup couscous
- 1 teaspoon curry powder
- 12 ounce edamame green frozen shelled (soybeans)

- 1 clove garlic coarsely chopped
- 1 pinch ground cinnamon
- 3 servings ground pepper black to taste
- 0.5 teaspoon hing powder (asafoetida)
- 3 servings sea salt to taste
- 1 tablespoon sesame oil toasted
- 1 teaspoon turmeric powder
- 1 cup vegetable broth

## Equipment

- frying pan
- sauce pan
- wok

## Directions

- Bring the vegetable broth to a boil in a saucepan.
- Add couscous and reduce heat to medium; simmer until broth is absorbed and couscous is tender, about 10 minutes. Fluff with a fork.
- Heat canola oil in a large skillet or wok over medium-high heat.
- Add ajowan seeds.
- When seeds begin to sputter, stir in garlic and reduce heat to medium.
- Stir turmeric, curry powder, hing powder, chili powder, and cinnamon into the garlic mixture until garlic is browned, about 3 minutes.
- Cook and stir edamame and broccoli in the spice mixture until vegetables are tender, about 5 minutes. Season with salt and black pepper.
- Drizzle sesame oil atop vegetables.
- Spoon vegetables over couscous to serve.

## Nutrition Facts



■ PROTEIN 19.1% ■ FAT 30.59% ■ CARBS 50.31%

## Properties

Glycemic Index:73, Glycemic Load:16.78, Inflammation Score:-10, Nutrition Score:25.774347927259%

## Flavonoids

Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 15.89mg, Kaempferol: 15.89mg, Kaempferol: 15.89mg, Kaempferol: 15.89mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

## Nutrients (% of daily need)

Calories: 416.9kcal (20.84%), Fat: 14.68g (22.58%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 54.33g (18.11%), Net Carbohydrates: 41.88g (15.23%), Sugar: 7.25g (8.06%), Cholesterol: 0mg (0%), Sodium: 578.57mg (25.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.62g (41.24%), Vitamin C: 181.42mg (219.9%), Vitamin K: 211.77µg (201.68%), Fiber: 12.45g (49.8%), Manganese: 0.83mg (41.32%), Potassium: 1235.76mg (35.31%), Folate: 134.87µg (33.72%), Iron: 5.43mg (30.17%), Vitamin A: 1447.62IU (28.95%), Vitamin B6: 0.42mg (21.04%), Calcium: 205.48mg (20.55%), Phosphorus: 189.11mg (18.91%), Vitamin E: 2.65mg (17.68%), Vitamin B2: 0.27mg (15.59%), Vitamin B5: 1.53mg (15.28%), Magnesium: 59.2mg (14.8%), Vitamin B1: 0.2mg (13.08%), Vitamin B3: 2.38mg (11.9%), Copper: 0.19mg (9.33%), Selenium: 5.4µg (7.71%), Zinc: 1.15mg (7.67%)