



HEALTH SCORE

100%

Jamie's Great Britain - Roasted Veg Vindaloo



Gluten Free



Very Healthy

READY IN

**10 min.**

SERVINGS

**2**

CALORIES

**808 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cauliflower sliced



14 oz chickpeas canned tinned



2 chillies dried red



1 bunch coriander fresh leaves picked chopped



1 teaspoon fennel seeds



1 bulb of garlic separated peeled



2 servings natural yoghurt



2 tablespoons olive oil (veggie)

- ☐ 500 g peas mixed (1lb 2oz)
- ☐ 2 tablespoons raisins
- ☐ 1 chilli fresh red deseeded finely chopped
- ☐ 1 onion red peeled roughly chopped
- ☐ 3 onions red peeled roughly sliced
- ☐ 1 level teaspoon each of sea salt and cumin
- ☐ 1 pinch sea salt and ground pepper
- ☐ 18 fl. oz. veg stock organic
- ☐ 1 kg tomatoes ripe (2lb 4oz)
- ☐ 7 fl. oz. citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

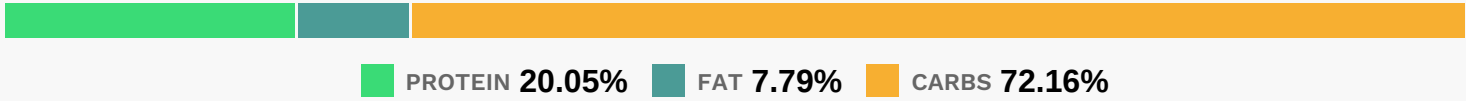
Directions

- ☐ Put all the paste ingredients except the coriander leaves into a liquidiser and whiz until smooth, then scrape into a bowl.
- ☐ Roughly chop the tomatoes and add to the liquidiser, season well, then blitz until smooth and put aside.
- ☐ Preheat your oven to 200°C/400°F/gas 6.
- ☐ In a large casseroletype pan, toss the cauliflower florets and onions with half the curry paste.
- ☐ Add 600ml (1 pint) of water, and roast for 40 minutes, stirring halfway through.
- ☐ After 40 minutes, carefully move the hot pan from the oven to the hob.
- ☐ Drain and add the chickpeas, along with the stock and blitzed tomatoes and simmer on a medium heat for about 30 minutes.
- ☐ Mash a few times to thicken the sauce.
- ☐ Add the delicate veggies (corn, peas, beans and spinach) for the last 3 minutes of cooking, then have a taste and correct the seasoning. Marble through a few dollops of yoghurt, scatter

over the reserved coriander and chopped fresh chilli (leave the seeds in for extra heat), then take straight to the table.

☐ Serve with fluffy rice.

Nutrition Facts



Properties

Glycemic Index:226.07, Glycemic Load:49.07, Inflammation Score:-10, Nutrition Score:60.383043799954%

Flavonoids

Naringenin: 3.4mg, Naringenin: 3.4mg, Naringenin: 3.4mg, Naringenin: 3.4mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 51.25mg, Quercetin: 51.25mg, Quercetin: 51.25mg, Quercetin: 51.25mg

Nutrients (% of daily need)

Calories: 807.8kcal (40.39%), Fat: 7.31g (11.25%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 152.45g (50.82%), Net Carbohydrates: 112.68g (40.98%), Sugar: 37.98g (42.2%), Cholesterol: 0.13mg (0.04%), Sodium: 2007.53mg (87.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.37g (84.74%), Vitamin C: 262.09mg (317.69%), Manganese: 4.22mg (210.83%), Fiber: 39.76g (159.06%), Folate: 600.12µg (150.03%), Vitamin B6: 2.49mg (124.37%), Vitamin A: 5435.99IU (108.72%), Potassium: 3748.85mg (107.11%), Vitamin K: 108.48µg (103.32%), Phosphorus: 831.79mg (83.18%), Copper: 1.59mg (79.41%), Magnesium: 303.06mg (75.76%), Iron: 11.51mg (63.94%), Vitamin B1: 0.79mg (52.75%), Zinc: 6.13mg (40.86%), Vitamin B2: 0.67mg (39.24%), Calcium: 373.86mg (37.39%), Vitamin B3: 7.44mg (37.22%), Vitamin B5: 3.71mg (37.11%), Vitamin E: 3.31mg (22.07%), Selenium: 13.87µg (19.81%)