



Jerk sweet potato & black bean curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



95 min.

SERVINGS



10

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 onion diced roughly chopped



2 tbsp unrefined sunflower oil



50 g ginger roughly chopped



1 small bunch cilantro leaves separated



3 tbsp walkerswood jamaican jerk seasoning



2 thyme sprigs



400 g canned tomatoes chopped canned



4 tbsp red wine vinegar

- ☐ 3 tbsp little demerara sugar
- ☐ 2 vegetable cube crumbled
- ☐ 1 kg sweet potatoes and into peeled cut into chunks
- ☐ 800 g black beans rinsed drained canned
- ☐ 450 g roasted peppers red thick cut into slices

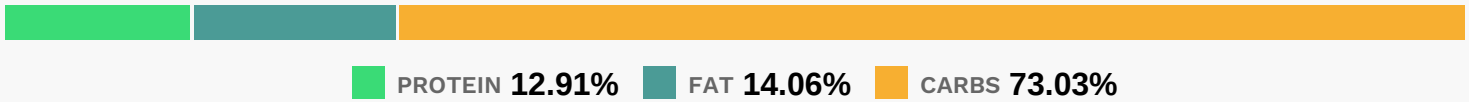
Equipment

- ☐ frying pan
- ☐ immersion blender

Directions

- ☐ Gently soften the diced onion in the sunflower oil in a big pan or casserole.
- ☐ Meanwhile, whizz together the roughly chopped onion, ginger, coriander stalks and jerk seasoning with a hand-held blender.
- ☐ Add to the softened onion and fry until fragrant. Stir in the thyme, chopped tomatoes, vinegar, sugar and stock cubes with 600ml water and bring to a simmer. Simmer for 10 mins, then drop in the sweet potatoes and simmer for 10 mins more. Stir in the beans, peppers and some seasoning, and simmer for another 5 mins until the potatoes are almost tender. Cool and chill for up to 2 days.
- ☐ To serve, gently heat through on the hob. Roughly chop most of the coriander leaves and stir in, then serve scattered with the remaining leaves.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:11.33, Inflammation Score:-10, Nutrition Score:20.307391405106%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 242.62kcal (12.13%), Fat: 3.94g (6.06%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 34.83g (12.66%), Sugar: 10.76g (11.96%), Cholesterol: 0mg (0%), Sodium: 1208.91mg (52.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Vitamin A: 15285.73IU (305.71%), Fiber: 11.2g (44.78%), Vitamin C: 31.63mg (38.33%), Manganese: 0.68mg (34.07%), Potassium: 874.72mg (24.99%), Copper: 0.48mg (24.2%), Vitamin B6: 0.48mg (23.98%), Iron: 3.59mg (19.95%), Folate: 78.19µg (19.55%), Vitamin E: 2.86mg (19.09%), Magnesium: 74.71mg (18.68%), Phosphorus: 171.59mg (17.16%), Vitamin B1: 0.25mg (16.62%), Vitamin B2: 0.22mg (13.16%), Vitamin B5: 1.14mg (11.39%), Vitamin B3: 2.14mg (10.72%), Calcium: 105.97mg (10.6%), Vitamin K: 9.18µg (8.74%), Zinc: 1.09mg (7.26%), Selenium: 2.66µg (3.8%)