



Mushroom and Spinach Korma



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups baby spinach
- ☐ 1.3 cups rice
- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 4 servings cilantro leaves fresh chopped for topping
- ☐ 1 piece ginger peeled roughly chopped
- ☐ 0.8 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings kosher salt

- ☐ 0.5 cup coconut milk light
- ☐ 1 pound mushrooms mixed sliced
- ☐ 1 plum tomatoes chopped
- ☐ 1 medium onion red thinly sliced roughly chopped ()
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook the rice as the label directs. Meanwhile, combine the chopped onion, ginger, tomato, cumin, coriander, 1/2 teaspoon salt and 1/4 cup water in a blender or food processor and puree until smooth.
- ☐ Heat 1 tablespoon vegetable oil in a wide saucepan over medium-high heat.
- ☐ Add the sliced onion and cook, stirring, until golden, about 5 minutes.
- ☐ Add the mushrooms and cook, stirring occasionally, 3 more minutes.
- ☐ Add 1/2 teaspoon salt.
- ☐ Transfer the vegetables to a plate.
- ☐ Heat the remaining 1 tablespoon vegetable oil in the same pan; add the tomato mixture and cook, stirring, until very thick, about 6 minutes. Return the mushroom mixture to the pan.
- ☐ Add 1 1/2 cups water, bring to a simmer and cook until the mushrooms are soft, about 4 minutes. Stir in the spinach and chickpeas and cook 2 more minutes. Stir in the coconut milk, season with salt and top with cilantro.
- ☐ Serve with the rice.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 PROTEIN **12.22%**  FAT **23.13%**  CARBS **64.65%**

Properties

Glycemic Index:70.63, Glycemic Load:34.33, Inflammation Score:-10, Nutrition Score:33.755217075348%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 456.07kcal (22.8%), Fat: 11.96g (18.4%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 75.19g (25.06%), Net Carbohydrates: 64.7g (23.53%), Sugar: 4.64g (5.15%), Cholesterol: 0mg (0%), Sodium: 573.78mg (24.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.43%), Vitamin K: 304.04µg (289.56%), Manganese: 2.38mg (118.98%), Vitamin A: 5784.91IU (115.7%), Vitamin B6: 1.1mg (54.87%), Folate: 170.2µg (42.55%), Fiber: 10.49g (41.94%), Phosphorus: 324.31mg (32.43%), Magnesium: 121.54mg (30.39%), Vitamin B3: 6.06mg (30.32%), Potassium: 997.5mg (28.5%), Copper: 0.56mg (28.05%), Vitamin B5: 2.7mg (26.96%), Selenium: 18.19µg (25.99%), Vitamin C: 21.36mg (25.89%), Vitamin B2: 0.42mg (24.56%), Iron: 4.37mg (24.27%), Zinc: 2.97mg (19.81%), Calcium: 130.72mg (13.07%), Vitamin E: 1.95mg (13%), Vitamin B1: 0.16mg (10.75%), Vitamin D: 0.45µg (3.02%)