



Pumpkin, spinach & black bean dopiaza



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 onions thinly sliced
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 garlic clove crushed
- ☐ 1 tsp ground cumin
- ☐ 1 pinch chilli powder
- ☐ 400 g pumpkin peeled cut into chunks (weight)
- ☐ 1 tbsp tomato purée
- ☐ 400 g black bean in water drained and rinsed canned

☐ 200 g pkt spinach washed

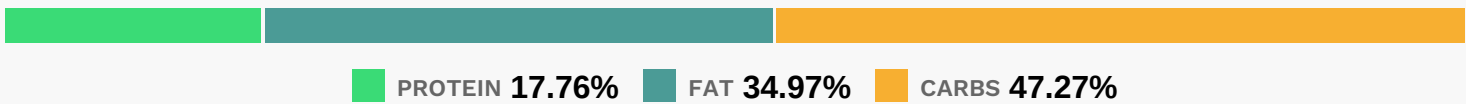
Equipment

- ☐ oven
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Toss half the onions in 1 tbsp oil, then roast for 15–20 mins, until they are crisp and golden.
- ☐ Meanwhile, fry the remaining onion in the oil until lightly golden.
- ☐ Add the garlic and spices; cook for 1 min.
- ☐ Add the pumpkin, stir in the tomato pure and 425ml boiling water, then return to the boil. Simmer, covered, for 15 mins, then stir in the beans. Cook for a further 5 mins.
- ☐ Put the spinach in a colander and pour over a kettle of boiling water until it is wilted. Press with a wooden spoon to remove excess water, then roughly chop. Stir into the curry, then warm through.
- ☐ Serve scattered with the crisp roasted onions.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:11.52, Inflammation Score:-10, Nutrition Score:35.444782422936%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 26.66mg, Quercetin: 26.66mg, Quercetin: 26.66mg, Quercetin: 26.66mg

Nutrients (% of daily need)

Calories: 509.07kcal (25.45%), Fat: 20.67g (31.81%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 62.87g (20.96%), Net Carbohydrates: 46.07g (16.75%), Sugar: 33.89g (37.66%), Cholesterol: 0mg (0%), Sodium: 96.39mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.62g (47.24%), Vitamin A: 26473.66IU (529.47%), Vitamin K: 486.8µg (463.62%), Manganese: 1.36mg (68.08%), Vitamin E: 10.13mg (67.56%), Vitamin C: 55.63mg (67.43%), Fiber: 16.8g (67.18%), Folate: 247.94µg (61.98%), Iron: 9.5mg (52.78%), Potassium: 1458.59mg (41.67%), Magnesium: 119.95mg (29.99%), Vitamin B2: 0.45mg (26.5%), Vitamin B6: 0.48mg (24.15%), Copper: 0.46mg (23.18%), Calcium: 179.93mg (17.99%), Phosphorus: 179.54mg (17.95%), Vitamin B1: 0.24mg (16%), Vitamin B3: 2.23mg (11.15%), Zinc: 1.45mg (9.69%), Vitamin B5: 0.84mg (8.41%), Selenium: 2.48µg (3.54%)