



Red pork curry with green beans



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g green bean trimmed
- ☐ 1 tbsp vegetable oil
- ☐ 4 tsp thai curry paste red
- ☐ 1 tbsp root ginger finely chopped
- ☐ 500 g pork fillet thinly sliced
- ☐ 300 ml vegetable stock
- ☐ 2 tbsp fish sauce (nam pla)
- ☐ 1 tsp muscovado sugar light

- ☐ 400 ml coconut milk canned
- ☐ 400 g palm hearts rinsed drained sliced canned
- ☐ 1 large lime zest grated
- ☐ 1 handful basil and coriander leaves

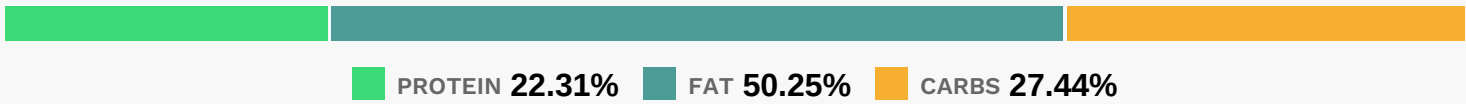
Equipment

- ☐ sauce pan

Directions

- ☐ Cook the beans in boiling salted water for 5 minutes, then drain and refresh under cold running water.
- ☐ Heat the oil in a saucepan, add the curry paste and ginger and fry gently until the oil separates out. Tip in the pork and stock, bring to the boil, then simmer for 5 minutes.
- ☐ Add the fish sauce, sugar, coconut milk, palm hearts, lime zest and juice and simmer for a further 5 minutes, adding the beans halfway through. Throw in the basil and coriander and serve with rice noodles.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.11, Inflammation Score:-8, Nutrition Score:38.206087153891%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 569.95kcal (28.5%), Fat: 32.71g (50.32%), Saturated Fat: 23.64g (147.74%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 34.06g (12.39%), Sugar: 24.99g (27.77%), Cholesterol: 81.25mg (27.08%), Sodium: 1103.35mg (47.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.35%), Vitamin B6: 1.93mg

(96.73%), Vitamin B1: 1.36mg (90.79%), Potassium: 2748.72mg (78.53%), Selenium: 46.15µg (65.93%), Phosphorus: 573.49mg (57.35%), Manganese: 1.11mg (55.71%), Copper: 1.09mg (54.49%), Vitamin B3: 10.65mg (53.26%), Zinc: 6.94mg (46.29%), Vitamin B2: 0.68mg (39.75%), Vitamin K: 35.41µg (33.72%), Iron: 5.54mg (30.79%), Vitamin A: 1483.76IU (29.68%), Vitamin C: 23.98mg (29.07%), Magnesium: 114.81mg (28.7%), Fiber: 6.12g (24.46%), Folate: 67.33µg (16.83%), Vitamin B5: 1.43mg (14.25%), Vitamin B12: 0.69µg (11.55%), Vitamin E: 1.51mg (10.05%), Calcium: 83.08mg (8.31%), Vitamin D: 0.38µg (2.5%)