



HEALTH SCORE

58%

Roast cauliflower & hazelnut pilaf



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



576 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 onion chopped
- ☐ 2 garlic clove crushed
- ☐ 1 piece ginger grated
- ☐ 2 tbsp garam masala
- ☐ 300 g rice
- ☐ 700 ml vegetable stock hot
- ☐ 3 curry leaves

- ☐ 250 g cauliflower
- ☐ 2 tbsp curry powder
- ☐ 1 handful cilantro leaves chopped
- ☐ 100 g hazelnuts toasted chopped
- ☐ 150 ml yogurt

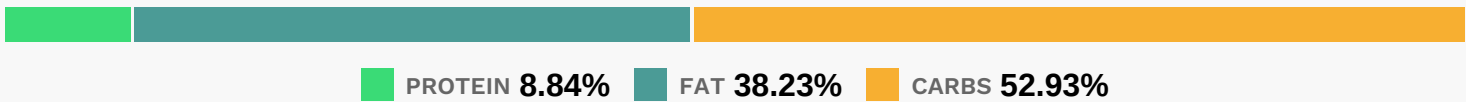
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat 1 tbsp of the oil in a large pan, add the onion and cook for 5 mins until golden.
- ☐ Add the garlic, ginger, garam masala and rice, and cook for a few more mins.
- ☐ Add the stock and curry leaves, and season. Bring to the boil, then reduce heat to low. Cover and simmer for 40 mins.
- ☐ Toss the cauliflower in the curry powder and remaining oil, season and put on a baking sheet. Roast in the oven for 40 mins until tender.
- ☐ Remove the rice pan from the heat and leave for 5 mins, then gently stir through the roasted cauliflower, coriander and toasted hazelnuts.
- ☐ Serve with natural yogurt.

Nutrition Facts



Properties

Glycemic Index:70.3, Glycemic Load:39.08, Inflammation Score:-8, Nutrition Score:26.020869607511%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 575.74kcal (28.79%), Fat: 24.92g (38.34%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 77.64g (25.88%), Net Carbohydrates: 70.91g (25.79%), Sugar: 6.96g (7.74%), Cholesterol: 5.05mg (1.68%), Sodium: 741mg (32.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.94%), Manganese: 2.66mg (133.13%), Vitamin C: 50.11mg (60.74%), Vitamin B3: 10.8mg (53.98%), Vitamin E: 7.51mg (50.07%), Folate: 171.65µg (42.91%), Copper: 0.67mg (33.52%), Fiber: 6.73g (26.93%), Phosphorus: 245.69mg (24.57%), Vitamin B6: 0.48mg (24.16%), Magnesium: 85.84mg (21.46%), Selenium: 14.06µg (20.09%), Vitamin K: 20.15µg (19.19%), Vitamin B1: 0.28mg (18.72%), Potassium: 610.56mg (17.44%), Iron: 3.1mg (17.24%), Vitamin B5: 1.61mg (16.1%), Calcium: 138.4mg (13.84%), Zinc: 2.03mg (13.54%), Vitamin A: 541.27IU (10.83%), Vitamin B2: 0.18mg (10.5%), Vitamin B12: 0.14µg (2.39%)