



Spiced broccoli with paneer

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large head broccoli
- ☐ 1 tbsp olive oil
- ☐ 225 g pack paneer sliced
- ☐ 1 tsp garam masala
- ☐ 1 garlic clove finely chopped
- ☐ 1 chilli red deseeded finely chopped
- ☐ 1 lemon zest
- ☐ 2 servings naan bread

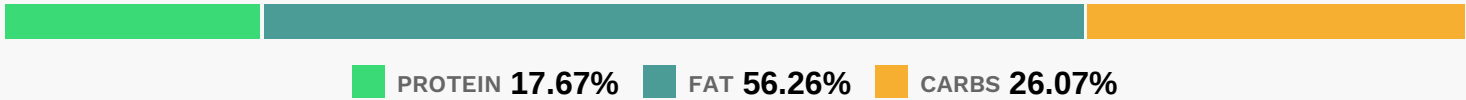
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook the broccoli in a large pan of boiling salted water for 3–4 mins. Save a little of the cooking water, then drain broccoli and set aside in the colander.
- ☐ Heat the oil in a large frying pan over a medium heat. Season, then fry the paneer for 2–3 mins on each side until golden. Move the paneer to the edge of the pan and add the garam masala, garlic, chilli and reserved cooking water. Cook for 2 mins, then return broccoli to the pan, with the lemon zest and juice. Toss everything together to heat through and serve with warm naan breads.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:29.206956282906%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg

Nutrients (% of daily need)

Calories: 600.63kcal (30.03%), Fat: 38.94g (59.91%), Saturated Fat: 18.7g (116.85%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 31.31g (11.39%), Sugar: 7.49g (8.33%), Cholesterol: 76.73mg (25.58%), Sodium: 343.46mg (14.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.04%), Vitamin C: 307.84mg (373.14%), Vitamin K: 317.47µg (302.35%), Calcium: 712.52mg (71.25%), Folate: 197.13µg (49.28%), Vitamin A: 2109.76IU (42.2%), Fiber: 9.27g (37.1%), Manganese: 0.71mg (35.28%), Vitamin B6: 0.67mg (33.48%), Potassium: 1043.98mg (29.83%), Vitamin E: 3.54mg (23.62%), Vitamin B2: 0.38mg (22.3%), Phosphorus: 212.97mg (21.3%), Vitamin B5: 1.81mg (18.06%), Magnesium: 69.84mg (17.46%), Vitamin B1: 0.24mg (15.79%), Iron: 2.54mg (14.11%), Selenium: 7.95µg (11.35%), Vitamin B3: 2.24mg (11.22%), Copper: 0.19mg (9.26%), Zinc: 1.33mg (8.87%)