



## Sweet Potato, Spinach & Chickpea Bake



Gluten Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



523 kcal

SIDE DISH

### Ingredients

- ☐ 400 g canned tomatoes whole chopped canned
- ☐ 300 g a 400g chickpeas drained and rinsed cooked canned
- ☐ 2 g chilli powder hot
- ☐ 1 small carton of cream sour
- ☐ 10 g coriander dried
- ☐ 2 large cloves garlic
- ☐ 10 g ground cumin
- ☐ 6 tbsp olive oil light

- ☐ 3 medium onions
- ☐ 2 pasilla peppers red thick quartered cut into strips
- ☐ 4 servings salt to taste
- ☐ 2 tsp moroccan spice mix (recipe to follow)
- ☐ 1 handful spinach leaves fresh good
- ☐ 9 fl. oz. stock made up with 1 tsp marigold vegetable bouillon powder
- ☐ 450 g sweet potatoes peeled cut into chunks
- ☐ 5 g turmeric

## Equipment

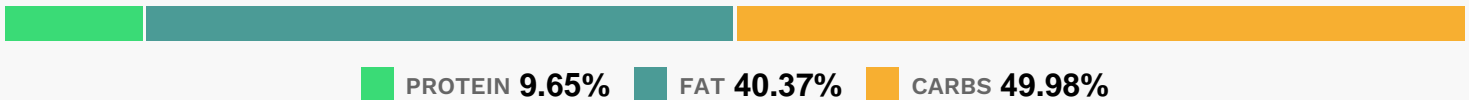
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

## Directions

- ☐ Peel two of the onions and cut each into 8 wedges.
- ☐ Pour 4 tbsp of the oil into a large roasting tin.
- ☐ Add the onions, cubed sweet potatoes and peppers and mix well with the oil.
- ☐ Turn the oven to 200c/400f/Gas 6, put the tin in the oven and roast the vegetables for about 35 minutes, turning them half way through.
- ☐ Meanwhile, peel and roughly chop the other onion.
- ☐ Heat the remaining 2 tablespoons of oil in a large frying pan and fry the onion until beginning to soften.
- ☐ Add the garlic and spice mix and stir well.
- ☐ Add the tinned tomatoes and their juice, breaking them up if necessary with a wooden spoon and cook for about 5 minutes.
- ☐ Stir in the stock then check the seasoning adding salt, pepper and sugar to taste. Stir in the chickpeas.
- ☐ When the vegetables in the oven have been cooking for 35 minutes, pour over the spice tomatoes and chickpeas and mix well.

- ☐ Turn the oven temperature down to 190c/375f/Gas 5 and cook for another 20–30 minutes until the vegetables are well cooked, turning them half way through.
- ☐ Just before the end of the cooking time wash the spinach, remove any tough stalks, slice the leaves finely and stir them into the bake. Return to the oven for 5 minutes.1
- ☐ Serve with sour cream or a mild onion raita.
- ☐ Add all the ingredients to a tub or jar. Fix the lid on and shake to mix. It is as easy as that. Keep this mix in your store cupboard ready to be used.

## Nutrition Facts



## Properties

Glycemic Index:83.69, Glycemic Load:20.17, Inflammation Score:-10, Nutrition Score:40.497826080283%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg

## Nutrients (% of daily need)

Calories: 522.96kcal (26.15%), Fat: 24.65g (37.92%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 68.64g (22.88%), Net Carbohydrates: 52.79g (19.19%), Sugar: 19.73g (21.93%), Cholesterol: 0.28mg (0.09%), Sodium: 496.39mg (21.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.51%), Vitamin A: 19277.74IU (385.55%), Vitamin C: 112.46mg (136.32%), Vitamin K: 112.77µg (107.4%), Manganese: 2mg (99.78%), Fiber: 15.86g (63.43%), Folate: 225.61µg (56.4%), Iron: 9.17mg (50.95%), Vitamin E: 6.73mg (44.87%), Vitamin B6: 0.88mg (44%), Potassium: 1414.73mg (40.42%), Copper: 0.77mg (38.46%), Magnesium: 142.32mg (35.58%), Phosphorus: 289.54mg (28.95%), Vitamin B1: 0.38mg (25.56%), Calcium: 236.32mg (23.63%), Vitamin B2: 0.32mg (19.03%), Vitamin B3: 3.61mg (18.03%), Vitamin B5: 1.73mg (17.26%), Zinc: 2.48mg (16.55%), Selenium: 5.95µg (8.51%)