



WHATSheATE



HEALTH SCORE

61%

Tamarind chicken with golden mash



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 kg potatoes cubed peeled



2 tsp turmeric



500 g broccoli



4 tsp tamarind paste



2 tbsp mango chutney



4 chicken breast boneless skinless



100 ml yogurt



1 tbsp miso

☐ 5 spring onion trimmed thinly sliced

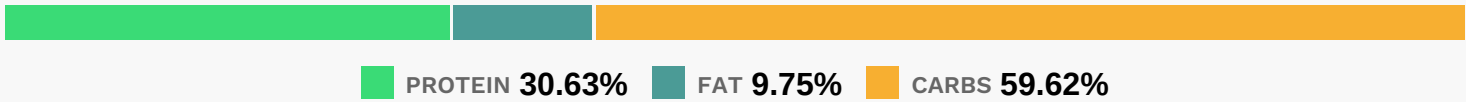
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ baking pan
- ☐ grill
- ☐ colander

Directions

- ☐ Heat the grill.
- ☐ Put the potatoes in a pan of cold water, stir in the turmeric, then bring to the boil. Simmer for 12-15 mins until tender. Steam the broccoli in a metal colander or sieve over the potato pan for 4-5 mins until tender.
- ☐ Mix together the tamarind paste and mango chutney. Make a few slashes in each chicken breast and place on a baking tray.
- ☐ Brush with the tamarind mixture, then grill for 5 mins on each side or until cooked through and sticky.
- ☐ Drain the potatoes. Mash with the yogurt, korma paste and seasoning, then keep warm. To serve, stir most of the spring onions into the mash, then spoon onto plates. Scatter with the remaining spring onions and serve alongside the sticky chicken and broccoli.

Nutrition Facts



Properties

Glycemic Index:88.19, Glycemic Load:40.93, Inflammation Score:-10, Nutrition Score:38.3252175243%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 12mg, Kaempferol: 12mg, Kaempferol: 12mg, Kaempferol: 12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

Nutrients (% of daily need)

Calories: 441.25kcal (22.06%), Fat: 4.9g (7.53%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 67.34g (22.45%), Net Carbohydrates: 57.27g (20.83%), Sugar: 13.5g (15%), Cholesterol: 75.69mg (25.23%), Sodium: 365.74mg (15.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.6g (69.2%), Vitamin C: 166.47mg (201.78%), Vitamin K: 165.17µg (157.3%), Vitamin B6: 1.85mg (92.75%), Vitamin B3: 15.55mg (77.76%), Selenium: 41.33µg (59.05%), Potassium: 2035.49mg (58.16%), Phosphorus: 511.96mg (51.2%), Manganese: 0.81mg (40.68%), Fiber: 10.07g (40.27%), Folate: 138µg (34.5%), Magnesium: 130.24mg (32.56%), Vitamin B5: 3.2mg (32.05%), Vitamin B1: 0.41mg (27.61%), Vitamin B2: 0.42mg (24.63%), Iron: 4.32mg (24.01%), Copper: 0.42mg (20.85%), Vitamin A: 998.63IU (19.97%), Zinc: 2.27mg (15.16%), Calcium: 148.14mg (14.81%), Vitamin E: 1.37mg (9.11%), Vitamin B12: 0.33µg (5.42%)