



Tomato & harissa stew with cheddar dumplings

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion chopped
- ☐ 4 celery stalks sliced
- ☐ 400 g plum tomatoes canned
- ☐ 1 tbsp harissa
- ☐ 2 large courgettes halved sliced
- ☐ 400 g chickpea drained canned

- ☐ 1 vegetable stock cube
- ☐ 25 g butter diced
- ☐ 200 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 75 g extra mature cheddar finely grated
- ☐ 100 ml milk

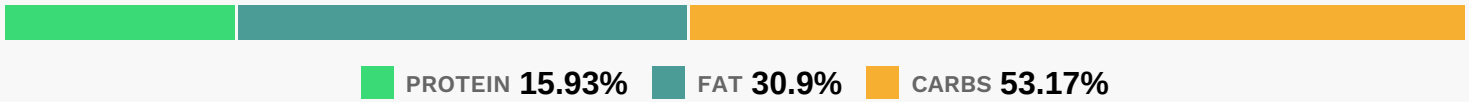
Equipment

- ☐ oven
- ☐ knife
- ☐ casserole dish

Directions

- ☐ Heat the oil in a large wide-topped casserole dish with a lid, then fry the onion and celery for 5 mins until softening and starting to colour. Tip in the tomatoes and a can of water, then stir in the harissa, courgettes and chickpeas, and crumble in the stock cube. Cover and simmer for 18 mins until the veg is almost tender.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Meanwhile, rub the butter into the flour and baking powder with a good pinch of salt, then mix in the cheese with a round-bladed knife. Two mins before the stew is ready, pour the milk into the dumpling mix and stir with the knife to make a dough. Turn out onto your work surface (no need to flour it), lightly shape into a sausage and cut into 8 equal pieces. 3
- ☐ Put the dumplings on top of the stew and bake in the oven for 15-20 mins until golden and cooked through.

Nutrition Facts



Properties

Glycemic Index:102.94, Glycemic Load:31.59, Inflammation Score:-9, Nutrition Score:30.462608347768%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 576.7kcal (28.83%), Fat: 20.2g (31.08%), Saturated Fat: 8.21g (51.29%), Carbohydrates: 78.21g (26.07%), Net Carbohydrates: 65.95g (23.98%), Sugar: 14.72g (16.35%), Cholesterol: 35.28mg (11.76%), Sodium: 544.98mg (23.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.85%), Manganese: 1.87mg (93.42%), Folate: 253.39µg (63.35%), Vitamin C: 46.67mg (56.57%), Fiber: 12.26g (49.04%), Phosphorus: 451.37mg (45.14%), Selenium: 29.93µg (42.76%), Calcium: 334.36mg (33.44%), Vitamin A: 1613.84IU (32.28%), Potassium: 1118.78mg (31.97%), Copper: 0.61mg (30.56%), Vitamin B6: 0.57mg (28.58%), Magnesium: 112.8mg (28.2%), Iron: 4.46mg (24.78%), Vitamin B2: 0.4mg (23.33%), Zinc: 3.5mg (23.33%), Vitamin E: 3.11mg (20.72%), Vitamin K: 21.63µg (20.6%), Vitamin B1: 0.3mg (20.18%), Vitamin B3: 2.49mg (12.46%), Vitamin B5: 1.15mg (11.48%), Vitamin B12: 0.35µg (5.81%), Vitamin D: 0.4µg (2.64%)