



Vegetable balti



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 large onion sliced
- ☐ 1 large garlic clove crushed
- ☐ 1 eating apple cored peeled chopped
- ☐ 3 tbsp balti curry paste (we used Patak's)
- ☐ 1 medium butternut squash peeled cut into chunks
- ☐ 2 large carrots sliced
- ☐ 200 g turnip cut into chunks

- ☐ 1 medium cauliflower
- ☐ 400 g tomatoes chopped canned
- ☐ 425 ml vegetable stock hot
- ☐ 4 tbsp coriander chopped
- ☐ 150 g pot natural yogurt low-fat

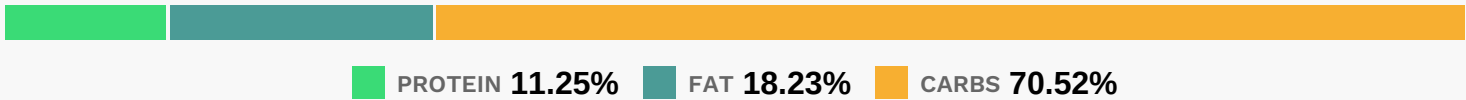
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Heat the oil in a large pan, then add the onion, garlic and apple and cook gently, stirring occasionally, until the onion softens, about 5–8 minutes. Stir in the curry paste.
- ☐ Tip the fresh vegetables into the pan and add the tomatoes and stock. Stir in 3 tbsp of the coriander. Bring to the boil, turn the heat to low, put the lid on and cook for half an hour.
- ☐ Remove the lid and cook for another 20 minutes until the vegetables are soft and the liquid has reduced a little. There should be some liquid remaining, but not too much. Season with salt and pepper.
- ☐ Mix 1 tbsp of coriander into the yogurt to make a raita. Ladle the curry into bowls, drizzle over some raita and sprinkle with extra coriander.
- ☐ Serve with the remaining raita and warm mini naan breads.

Nutrition Facts



Properties

Glycemic Index:93.71, Glycemic Load:9.69, Inflammation Score:-10, Nutrition Score:32.457825888758%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg

Nutrients (% of daily need)

Calories: 292.09kcal (14.6%), Fat: 6.57g (10.1%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 57.16g (19.05%), Net Carbohydrates: 44.56g (16.2%), Sugar: 24.65g (27.39%), Cholesterol: 4.88mg (1.63%), Sodium: 682.83mg (29.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.23%), Vitamin A: 28246.58IU (564.93%), Vitamin C: 136.83mg (165.85%), Fiber: 12.61g (50.42%), Potassium: 1760.16mg (50.29%), Manganese: 0.98mg (49.15%), Vitamin B6: 0.88mg (44.17%), Folate: 171.29µg (42.82%), Vitamin K: 43.18µg (41.12%), Magnesium: 125.95mg (31.49%), Vitamin E: 4.72mg (31.45%), Vitamin B1: 0.42mg (27.72%), Calcium: 256.61mg (25.66%), Vitamin B3: 4.88mg (24.39%), Vitamin B5: 2.41mg (24.12%), Phosphorus: 236.07mg (23.61%), Copper: 0.47mg (23.31%), Iron: 3.94mg (21.88%), Vitamin B2: 0.29mg (16.96%), Zinc: 1.47mg (9.83%), Selenium: 3.91µg (5.58%), Vitamin B12: 0.14µg (2.31%)