



Vegetable Curry (with Chicken, if You Want)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



630 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings serving suggestion: basmati rice and chutney
- ☐ 0.5 cup tomatoes whole with puree), roughly chopped canned peeled
- ☐ 4 servings cilantro leaves for garnish
- ☐ 2 long cinnamon stick (3-inch)
- ☐ 0.5 teaspoon coriander seeds
- ☐ 0.3 teaspoon cumin seeds
- ☐ 2 teaspoons curry powder madras-style
- ☐ 1 bay leaf fresh

- ☐ 3 inch ginger fresh chunk peeled
- ☐ 5 cloves garlic
- ☐ 6 cardamom pods green
- ☐ 0.5 jalapeño to taste
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 8 cups cut vegetables mixed such as cauliflower, potatoes, green beans, or eggplant
- ☐ 14 ounce coconut milk unsweetened canned
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon water as needed plus more
- ☐ 4 allspice whole
- ☐ 1 medium onion yellow sliced

Equipment

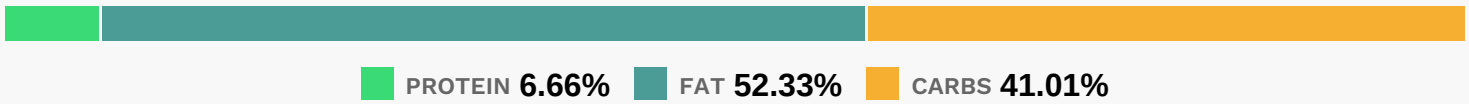
- ☐ food processor
- ☐ bowl
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ In a small food processor (mini-chopper), combine the garlic, ginger, and 1 tablespoon water and puree to a paste.
- ☐ Heat the oil in a stew pot or Dutch oven over medium-high heat.
- ☐ Add the coriander, cumin, cardamom, allspice, cloves, cinnamon stick, and bay leaf and cook, stirring constantly, until toasted and fragrant and the cinnamon stick unfurls, about 30 seconds.
- ☐ Add the onion and cook, stirring, until lightly browned, about 3 minutes.
- ☐ Add the garlic-ginger paste, curry powder, and jalapeno and cook, stirring, until lightly browned and fragrant, about 1 minute.
- ☐ Add the tomato and cook, stirring, until the oil begin to separate and there is a distinctive crackling sound as the ingredients "re-fry" in the oil, about 6 minutes.

- ☐
- Add the vegetables, season with salt and pepper and stir to combine.
- ☐
- Add the coconut milk and enough water to just cover the vegetables. Bring to a boil, lower the heat, and simmer, covered, until tender, about 15 to 20 minutes.
- ☐
- Using a slotted spoon transfer the vegetables to a bowl. Bring the broth to a boil and cook, stirring occasionally, until reduced to a sauce-like consistency. If using the chicken, add and reheat. Return the vegetables to the sauce and stir to combine. Season with salt and pepper.
- ☐
- Transfer to a platter and garnish with the cilantro.

Nutrition Facts



Properties

Glycemic Index:77.55, Glycemic Load:27.64, Inflammation Score:-9, Nutrition Score:29.053478323895%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg

Nutrients (% of daily need)

Calories: 629.89kcal (31.49%), Fat: 38.61g (59.39%), Saturated Fat: 23.3g (145.61%), Carbohydrates: 68.06g (22.69%), Net Carbohydrates: 56.06g (20.39%), Sugar: 12.69g (14.1%), Cholesterol: 0mg (0%), Sodium: 77.62mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.11%), Manganese: 3.24mg (161.76%), Vitamin K: 123.2µg (117.33%), Fiber: 12g (47.99%), Vitamin C: 38.9mg (47.15%), Vitamin A: 1598.84IU (31.98%), Iron: 5.73mg (31.81%), Magnesium: 124.86mg (31.22%), Copper: 0.6mg (30.21%), Vitamin B6: 0.57mg (28.49%), Potassium: 980.74mg (28.02%), Phosphorus: 269.32mg (26.93%), Folate: 102.76µg (25.69%), Selenium: 15.47µg (22.1%), Vitamin B1: 0.28mg (18.97%), Vitamin E: 2.77mg (18.49%), Vitamin B3: 3.55mg (17.73%), Vitamin B2: 0.29mg (17.24%), Calcium: 171.85mg (17.19%), Zinc: 2.17mg (14.43%), Vitamin B5: 1.26mg (12.59%)