

SKYE GYNGELL



HEALTH SCORE

82%

## Wild Garlic and White Bean Curry



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 seeds from cardamom pods
- ☐ 1 small handful cilantro roots washed and minced
- ☐ 200 ml coconut milk generous
- ☐ 1.5 teaspoons coriander seeds
- ☐ 12 curry leaves fresh
- ☐ 1 teaspoons fenugreek seeds
- ☐ 3 tablespoons fish sauce
- ☐ 300 g garlic leaves wild

- ☐ 4 garlic cloves crushed peeled
- ☐ 2 juice of lime
- ☐ 6 kaffir lime leaves
- ☐ 400 g coco beans dried fresh podded cooked (200g) (see above)
- ☐ 680 g cans plum tomatoes peeled canned
- ☐ 3 chiles fresh red seeded sliced ( if you like heat) ( if you prefer less heat)
- ☐ 2 onions red peeled finely sliced
- ☐ 1 teaspoon vegetable oil
- ☐ 1 teaspoon mustard seeds yellow

## Equipment

- ☐ frying pan
- ☐ mortar and pestle

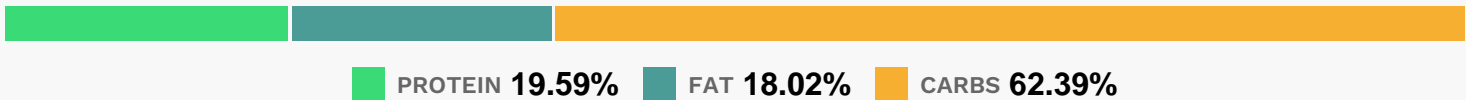
## Directions

- ☐ Have the beans ready podded, or cooked if using dried beans.
- ☐ Heat the oil in a large heavy pan over medium-low heat and sweat the onions until soft and translucent.
- ☐ In a separate pan, warm all the spice seeds until they release their fragrance and just begin to jump in the pan. Tip into a mortar and grind with the pestle while still warm.
- ☐ Add the warm ground spices to the softened onions along with the chiles, curry leaves, lime leaves, and minced cilantro root. Cook for another 5 minutes over fairly low heat, then add the crushed garlic, jaggery, lime juice, and fish sauce. Stir well and cook for 5 minutes.
- ☐ Add the tomatoes, stir well, and cook for another 10 minutes, then add the fresh or cooked dried beans and coconut milk. Cook gently for 10 to 15 minutes (or until the beans are tender if cooking fresh).
- ☐ While the curry is cooking, wash the wild garlic very well, picking over each leaf thoroughly for they can carry little stones.
- ☐ A couple of minutes before serving the curry, add the wild garlic and cook until it is just wilted and soft. Don't overcook it—wild garlic should be bright and vibrant. Taste and adjust the seasoning if necessary. This curry should be soft, fragrant, gently sweet, sharp, and salty, with

just enough heat to warm you...

- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

## Nutrition Facts



## Properties

Glycemic Index:50.67, Glycemic Load:8.39, Inflammation Score:-10, Nutrition Score:41.716087082158%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg

## Nutrients (% of daily need)

Calories: 431.5kcal (21.58%), Fat: 9.18g (14.12%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 71.49g (23.83%), Net Carbohydrates: 56.92g (20.7%), Sugar: 8.19g (9.1%), Cholesterol: 0mg (0%), Sodium: 740.8mg (32.21%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 22.45g (44.91%), Manganese: 3.05mg (152.68%), Vitamin C: 110.85mg (134.36%), Folate: 536.02µg (134%), Vitamin B3: 25.17mg (125.87%), Fiber: 14.57g (58.28%), Vitamin B6: 1.16mg (58.22%), Iron: 10.19mg (56.63%), Potassium: 1944.72mg (55.56%), Copper: 1.02mg (51.21%), Magnesium: 201.38mg (50.34%), Phosphorus: 372.35mg (37.23%), Vitamin B1: 0.49mg (32.86%), Calcium: 309.22mg (30.92%), Selenium: 18.26µg (26.09%), Vitamin A: 1290.9IU (25.82%), Zinc: 3.77mg (25.12%), Vitamin K: 20.4µg (19.43%), Vitamin B2: 0.22mg (13.14%), Vitamin B5: 1.07mg (10.69%), Vitamin E: 1.08mg (7.21%)