



## Yellow lentil & coconut curry with cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



65 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 onion thinly sliced
- ☐ 2 garlic clove crushed
- ☐ 1 piece ginger finely chopped
- ☐ 3 tbsp curry paste (we used Bart Veeraswamy Gujarat Masala curry paste)
- ☐ 200 g lentils yellow rinsed
- ☐ 1.5 l vegetable stock
- ☐ 3 tbsp coconut flakes unsweetened

☐ 1 cauliflower

Equipment

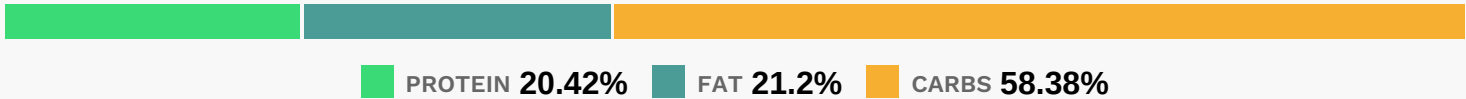
☐ bowl

☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan, then add the onion, garlic and ginger. Cook for 5 mins, add the curry paste, then stir-fry for 1 min before adding the lentils, stock and coconut. Bring the mixture to the boil and simmer for 40 mins or until the lentils are soft.
- ☐ During the final 10 mins of cooking, stir in the cauliflower to cook. Spoon rice into 4 bowls, top with the curry and sprinkle with coriander leaves, and coconut if you like.
- ☐ Serve with mango chutney and naan bread (optional).

Nutrition Facts



Properties

Glycemic Index:43.4, Glycemic Load:7.9, Inflammation Score:-10, Nutrition Score:28.794782576354%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 313.44kcal (15.67%), Fat: 7.62g (11.73%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 27.53g (10.01%), Sugar: 9.21g (10.24%), Cholesterol: 0mg (0%), Sodium: 1539.23mg (66.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.03%), Vitamin C: 75.08mg (91.01%), Folate: 327.24µg (81.81%), Fiber: 19.69g (78.75%), Manganese: 1.06mg (52.77%), Vitamin A: 2585.45IU (51.71%), Vitamin B1: 0.53mg (35.11%), Phosphorus: 307.34mg (30.73%), Vitamin B6: 0.6mg (30.01%), Vitamin K: 31.18µg (29.7%), Potassium: 981.1mg (28.03%), Iron: 4.88mg (27.13%), Magnesium: 89.82mg (22.45%), Vitamin B5: 2.11mg (21.05%), Zinc: 2.92mg

(19.49%), Copper: 0.36mg (18.23%), Vitamin B2: 0.21mg (12.07%), Vitamin B3: 2.11mg (10.55%), Selenium: 6.07μg (8.67%), Calcium: 85.67mg (8.57%), Vitamin E: 0.67mg (4.44%)