

Dish cards

One line per dish, with the difference it makes against the meal it usually stands in for. Figures are per serving, computed from published food records, and carry the same ranges and caveats as everything else on the site.

Dishes

Dish	How to describe it	Stands in for
Smoky black bean burger	Charred at the edges, soft in the middle, with pickled beetroot and a lot of black pepper.	Beef burger
Golden dal with fried cumin	Soft split lentils finished with cumin seeds fried in oil until they crackle, poured over the top.	Chicken curry
Chana masala	Chickpeas in a dark, sour-sweet tomato sauce, sharpened with a squeeze of lemon at the end.	Chicken curry
Chilli peanut noodles	Twenty minutes, one pan, and a sauce of peanut butter, soy and chilli that clings to everything.	Chicken noodles
Lemongrass tofu with sweetcorn	Tofu simmered in a light lemongrass broth with sweetcorn and okra, until it takes on the whole pan.	Chicken stir-fry
Green spaghetti	Blended herbs, garlic and toasted nuts, loosened with pasta water into a sauce that coats every strand.	Creamy carbonara
Falafel with hummus and warm flat-bread	Crisp outside, herby inside, on hummus loose enough to scoop with the bread while it is still warm.	Chicken wrap
Falafel salad bowl	Grains, slaw, pickles and falafel in separate heaps, so every forkful is a different combination.	Chicken salad box
Three-mushroom curry noodle soup	A deep yellow coconut curry broth, three kinds of mushroom for texture, and herbs thrown in at the table.	Chicken noodle soup
Malaysian vegetable curry	Coconut, turmeric and curry leaves, with vegetables cooked just past crunchy, over plain rice.	Chicken curry
Slow-roast sweet potato	Roasted until the skin blisters and the inside turns to jam, split open with black pepper and olive oil.	Jacket potato with cheese

Minestrone	Thick with beans and small pasta, better the next day, and it costs almost nothing to make a lot of it.	Beef and vegetable soup
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What each is made of

Dish	Ingredients counted	Per serving
Smoky black bean burger	Lentils, Peas	90 g, 40 g
Golden dal with fried cumin	Lentils	180 g
Chana masala	Chickpeas	200 g
Chilli peanut noodles	Nuts (mixed), Peas	35 g, 60 g
Lemongrass tofu with sweetcorn	Tofu	150 g
Green spaghetti	Nuts (mixed)	40 g
Falafel with hummus and warm flat-bread	Chickpeas	220 g
Falafel salad bowl	Chickpeas, Peas	150 g, 50 g
Three-mushroom curry noodle soup	Tofu	80 g
Malaysian vegetable curry	Tofu, Peas	100 g, 60 g
Slow-roast sweet potato	Peas	70 g
Minestrone	Lentils, Peas	100 g, 60 g

Reading these

The ingredient list is only the parts with published records behind them. Rice, bread, oil and vegetables without records are counted on neither side, so the figures understate both the dish and what it replaces.

These are sample records: real dishes and real sources, but the figures have not completed verification. They should not be printed on a customer-facing menu as fact.