

KATIE BOULTER'S BUTTERNUT SQUASH CURRY

PREP TIME: 20 MIN.

TOTAL TIME: 40 MIN.

INGREDIENTS

3-4 cups Pre-Cut Butternut Squash
2 tbsp. Coconut Oil
1 Red Onion
4 Garlic Cloves
Thumb Sized Piece of Ginger
1 tbsp. Curry Powder, Medium
1 tsp. Garam Masala
1/2 tsp. Ground Cumin

1/2 tsp. Cumin Seeds
1/4 tsp. Turmeric
1/4 tsp. Hot Chili Powder
1 can (14.5 oz) Diced Tomatoes
1 can (13.5 oz) Coconut Milk
1 cup Vegetable Stock
1 can (15 oz) Chickpeas
Salt and Pepper

METHOD

1. Preheat oven to 400F. Place pre-cut squash on a large baking tray. Drizzle generously with oil, salt, and pepper. Toss, and place in the oven for 35-40 minutes until soft throughout and starting to brown on the edges.
2. In the meantime, start the curry. Add coconut oil to a large pan on medium heat. Once melted, add finely chopped onion. Stir and fry for a few minutes, then add crushed garlic and grated ginger. Leave to cook for another minute.
3. Add all the spices - curry powder, garam masala, cumin, cumin seeds, turmeric, and chili powder. Cook for 30 seconds until fragrant and add a little more oil if needed so it doesn't burn.
4. Add the chopped tomatoes, coconut milk, and vegetable stock. Bring to a gentle simmer and let cook for 10 minutes. Transfer to a bowl and blend with a hand blender or food processor until smooth. Transfer back to the pan.
5. Add the chickpeas and cook for 5-10 more minutes. The sauce should have thickened and be nice and creamy and orange in color. Taste and season with salt and pepper. If you like it spicy, you can add some extra chili powder.
6. Add the roasted butternut squash, stir, top with some chopped fresh cilantro, and serve with wild rice.

SERVES

4

