

# IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

## BUTTERNUT SQUASH AND COCONUT CURRY

VG

- ½ tablespoon light olive oil
- 2 tablespoons Thai red curry paste
- 1 white onion, finely chopped
- 2 stalks lemongrass, outer husk removed and chopped very finely
- ½ teaspoon cardamom seeds
- ½ tablespoon mustard seeds
- 750g butternut squash, seeds removed and cut into chunks
- 125ml vegetable stock
- 200ml coconut milk
- 200g can chickpeas
- 2 limes
- 14g fresh coriander, chopped
- Salt and pepper

Preparation time:  
45 minutes  
Serves 4

Per100g:  
Energy 487kJ/116kcal  
Protein 5.1g  
Carbohydrate 15.9g  
Fat 3.5g

### METHOD

1. Heat the oil in a sauté pan, add the curry paste, onions, lemongrass, cardamom and mustard seeds and gently fry for two or three minutes until fragrant.
2. Add the butternut squash into the pan and stir to coat in the paste.
3. Pour in the stock and coconut milk and bring to a simmer.
4. Add the chickpeas and cook for 10 – 15 minutes until the butternut squash is tender. Season to taste.
5. Squeeze the juice of one lime into the curry and cut the remaining lime into wedges.

**Top tip: Serve with naan bread or rice and a sprinkle of coriander and wedge of lime.**

