

Red Curry with Pumpkin or Butternut Squash

Serves 6 -8

Ingredients

CURRY

- 1 1/2 Tbsp coconut oil or avocado oil
- 1 shallot, minced
- 2 Tbsp minced fresh ginger
- 2 Tbsp minced garlic
- 1 small jalapeno pepper, stem + seeds removed, thinly sliced
- 1 red bell pepper, thinly sliced lengthwise
- 3 Tbsp red Thai curry paste
- 3 1/2 cups peeled and cubed pumpkin or butternut squash
- 2 14-ounce cans light coconut milk
- 2 Tbsp brown sugar
- 1 tsp ground turmeric
- Healthy pinch sea salt
- 1 Tbsp coconut aminos or soy sauce
- 1 cup chopped, fresh broccoli
- 2 Tbsp lemon juice
- 2/3 cup roasted cashews or peanuts

FOR SERVING optional: Fresh basil or cilantro, Lemon juice & Jasmine rice, Brown rice, Quinoa, or Cauliflower Rice

Instructions

1. Heat a large pot over medium heat. Once hot, add oil, shallot, ginger, garlic, and pepper. Sauté for 2-3 minutes, stirring frequently.
2. Add bell pepper and curry paste and stir. Cook for 2 minutes more. Then add pumpkin/butternut squash and stir. Cook for 2 minutes more.
3. Add coconut milk, sugar, turmeric, sea salt, and coconut aminos/soy sauce and stir. Bring to a simmer over medium heat.
4. Once simmering, slightly reduce heat to low and cover. You want a simmer, not a boil, which should be around low to medium-low heat.
5. Cook for 10-15 minutes, stirring occasionally, to soften the pumpkin and infuse it with curry flavor.
6. At this time, also taste and adjust the flavor of the sauce/broth as needed. Don't be shy with seasonings - this curry should be very flavorful.
7. Once the broth is well seasoned and the pumpkin is tender, add broccoli, lemon juice, and cashews and cover. Simmer for 3-4 minutes more over low to medium-low heat.
8. Optional: Scoop out half of the broth/sauce and half of the pumpkin (try to exclude the broccoli) and blend until creamy and smooth in a blender for a thicker, creamier curry. Return to pot and warm for a few minutes before serving.
9. Serve as is or over rice, quinoa, or cauliflower rice. This dish gets elevated with the addition of fresh lemon juice and Thai or regular basil or cilantro for serving.
10. Best when fresh, though leftovers will keep in the refrigerator up to 3-4 days or in the freezer for 1 month. Reheat on the stovetop or in the microwave until hot.

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