Butternut Squash Coconut Curry

Jacob · 30/09/2024



Prep Time

35 mins

Dificult

Medium

Servings

4

Description

This is a quick and delicious mildtomedium spicy south Indian stew that is best served over hot white rice

Ingredients

— - 2 cups diced butternut squash - 1 cup water - 1 tablespoon olive oil - 1 teaspoon salt - ½ teaspoon mustard seeds - ½ teaspoon cumin seeds - ¼ teaspoon cayenne pepper - ¼ teaspoon ground turmeric - 1 (15 ounce) can coconut milk - 1 (15 ounce) can cannellini beans

— drained and rinsed - ¼ cup chopped fresh cilantro

— or to taste

Instructions

1. Combine squash
2. water
3. olive oil
4. salt
5. mustard seeds
6. cumin seeds
7. cayenne pepper
8. and turmeric in a saucepan; bring to a boil. Reduce heat and simmer
9. stirring occasionally
10. until squash is tender
11. 10 to 15 minutes. Stir coconut milk and beans into the squash mixture; simmer until flavors blend
12. about 10 minutes. Serve curry with cilantro on top. Cook's Note: Navy beans can be used in place of the cannellini beans
13. if desired.