



# BUTTERNUT SQUASH CURRY

## INGREDIENTS

- 1 large onion – peeled and finely chopped
- 2 garlic cloves – peeled and finely chopped
- 1 pepper – de-seeded and chopped
- 300g frozen butternut squash pieces
- 1 x 400g can chopped tomatoes
- 1 x 400g can chickpeas – drained
- $\frac{1}{4}$  can reduced fat coconut milk
- 2 heaped teaspoons curry powder
- $\frac{1}{2}$  teaspoon turmeric
- $\frac{1}{2}$  teaspoon mixed herbs & parsley
- 1 low salt vegetable **stock cube**
- 150ml water
- 2 handfuls baby spinach leaves ground

## EQUIPMENT

- large saucepan, sharp knife,
- chopping board, wooden spoon,
- dessertspoon, teaspoon,
- can opener, measuring jug, tablespoon

**SERVES:** 4

**PREP TIME:** 15 minutes

**COOK TIME:** 35 minutes

**ALLERGENS:** Celery, Mustard, Soya,  
Cereals containing gluten

## METHOD

- 1** Prepare the vegetables and place in the pan with the frozen butternut squash.
- 2** Add the rest of the ingredients to the pan and bring to the boil. Then reduce the heat and cook for 25-30 minutes until the vegetables are soft and the sauce has thickened. Finally add the spinach leaves and black pepper and cook for a further 5 minutes.
- 3** Serve the curry with rice, Indian style flatbreads or homemade potato wedges.

## HANDY HINTS!

- \* If your curry is a little thick, just add some more water!
- \* This curry can be frozen – why not make a large batch, portion out and freeze for a later date!



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