

BUTTERNUT SQUASH COCONUT CURRY

Serves 3-4 with rice

Ingredients

2 TBS coconut oil
1/2 onion, diced
3 cloves garlic, minced
2 TBS minced ginger
2 tsp curry powder
1 tsp ground coriander
pinch of red pepper flakes
pinch of cayenne pepper
1 large butternut squash, diced into cubes
1 15oz can fire-roasted tomatoes
1 15oz can full-fat coconut milk
1 15oz can chickpeas, drained and rinsed
1 tsp kosher salt
4 to 5 C baby spinach



Directions

1. Heat a heavy bottom pot over medium high and melt coconut oil, then add in the onion, garlic and ginger. Stir and cook for 3-5 minutes, then add in the curry, coriander, red pepper flakes and cayenne. Stir to coat everything, then add in the squash, tomatoes, coconut milk, chickpeas and salt.
2. Bring it to a low simmer, then cover and cook for 20-25 minutes, or until the squash has slightly softened. Be sure to stir often so nothing sticks or burns to the bottom.
3. Once the squash is softened, add in the spinach and salt to taste. Serve over jasmine rice.

The longer you let it sit before serving, the thicker and more flavorful it will get, making it a great meal prep idea!