

Butternut Squash Curry

Serves 6

All you need:

2 tablespoons oil

1 large butternut squash, peeled, seeded and diced

2 teaspoons garlic powder

1 teaspoon onion powder

1 teaspoon ground ginger

3 tablespoons yellow curry paste (or red curry paste) I used curry powder

2 (13.5 oz.) cans low fat coconut milk

Juice of 2 limes

2 teaspoons honey

4 cups baby spinach

Salt, to taste

Whole grain rice, for serving

Crushed dry roasted peanuts, for garnish

All you do:

1. Heat oil in a large saucepan over medium-high heat. Add butternut squash and cook for 3-5 minutes, stirring often, until lightly softened.

2. Add spices and curry paste and stir to combine.

3. Add coconut milk, lime juice and honey and bring to a boil. Reduce heat to low, cover the pan and cook for 15-20 minutes, or until the squash is tender.

4. Add spinach and cook until wilted, about 1 minute. Taste the sauce and season with salt as needed.

5. Scoop rice into serving bowls and ladle curry over. Garnish with a generous amount of crushed peanuts.