

Thai Squash Yellow Curry

When vegetables are the star of the show. Use butternut squash or pumpkin in this tasty dish and fill up on flavour!

These recipes have been developed by Michelle O'Dwyer to use up rescued fruits and vegetables collected by Feedback's Gleaning Network.

Offering a friendly, holistic approach to food education, Bay Tree Catering has teamed up with Feedback's The Alchemic Kitchen project.

Alchemic Kitchen is a Feedback social enterprise working alchemy with surplus food. We create delicious new products and build food citizenship and skills in the North West through education, training and events.

Find out more:

www.feedbackglobal.org/alchemickitchen

Professional Chef and Bay Tree Catering owner, Michelle O'Dwyer has worked in the food industry for many years and loves the way cooking brings people together. She said...

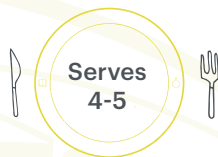
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I get to meet so many fantastic people from all walks of life and we get to cook together. People and communities have embraced the classes and for that I'm very grateful. We're working to bring people together who are socially isolated to offer an opportunity to reconnect over a common love of food.”



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You will need:

- 1 tablespoons coconut oil (or any oil really)
- 1 large shallots, chopped (or 2 small)
- 2-2½ cups diced butternut squash or pumpkin (about 1.5 pounds)
- 1 tablespoon grated ginger
- 2-3 tablespoons yellow curry powder
- 1 (15 ounce) can coconut milk
- ¾ cup vegetables or chicken broth
- 2 teaspoons fish sauce (omit for vegans/vegetarians)
- 2 teaspoons sugar
- 3-4 cups fresh spinach/chard/spring greens/ kale or cabbage
- Basmati rice, crushed cashews/peanuts, coriander, lime wedges for serving



Method

Heat the oil in a large, deep skillet over medium high heat. Add the shallots and sauté them for 5-6 minutes or until they just begin to get golden. Add the squash and grated ginger, stir to coat with the oil.

Add the yellow curry powder and stir until all the squash is nicely coated. Continue to cook the curry paste for 2-3 minutes or until it's fragrant. Add the broth, coconut milk, fish sauce, and sugar. Let the sauce come to a simmer before covering. Lower the heat and allow the squash to cook all the way through, about 12-18 minutes. You'll know it's done when you can easily pierce the squash with the tip of a knife. Stir in the baby spinach and allow it to wilt.

Serve with basmati rice topped with crushed nuts, coriander, and lime wedges.

Notes

If using kale, spring greens, chard or cabbage in place of the spinach in this recipe, chop it finely and keep in mind you'll need to add it in earlier so that it has enough time to cook.

 @alchemickitchen

