



STAR RECIPE:

COCONUT SQUASH CURRY

(Serves 4)

This recipe is from the Week 3 Menu and the allergen group is noted in red:
Celery

Ingredients

2 onions - chopped	1 celery stick - chopped
2 carrots - chopped	2 garlic cloves - grated
1 butternut squash - diced	1 thumb sized piece of fresh ginger - grated
1 tbsp Madras powder	1 tbsp ground turmeric
1 tbsp ground coriander	1 tbsp ground cumin
1 cinnamon stick	2 tins of coconut milk
2 tins of chopped tomatoes	1 bunch of fresh coriander

Method

On a medium-high heat sauté the onions, celery and carrots.

After 3 minutes add the grated ginger and garlic and cook for a further 2 minutes.

Add the butternut squash, cinnamon stick and the rest of the spices and cook for 2 minutes.

Add the chopped tomatoes and coconut milk and leave to simmer for 40 minutes.

Finish with chopped coriander and season to taste.

Serve with rice, naan bread and mango chutney and enjoy 😊

