











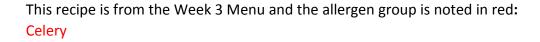
COCONUT SQUASH CURRY

(Serves 4)











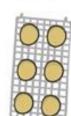


| 2 onions - chopped | 1 celery stick - chopped |
|----------------------------|-------------------------------------|
| 2 carrots - chopped | 2 garlic cloves - grated |
| 1 butternut squash - diced | 1 thumb sized piece of fresh ginger |
| | - grated |
| 1 tbsp Madras powder | 1 tbsp ground turmeric |
| 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 |





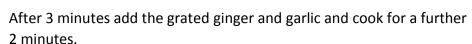




Method

for 2 minutes.

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





Add the butternut squash, cinnamon stick and the rest of the spices and cook

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



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

Finish with chopped coriander and season to taste.









