



Coconut Curried Cauliflower and Butternut Squash



KIM'S HINTS:

I like to add variety and color to this dish by adding our favorite veggies such as small diced carrots, red peppers, or spinach to this hearty winter stew.

This is a great fragrant one pot meal that takes in all of those warm sweet flavors of curry, squash, and coconut milk, perfect for those cool fall evenings. Butternut squash is plentiful in the fall and sometimes you can find it already peeled and diced in most grocery stores.

INGREDIENTS

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| 1 red onion, diced | One 13 ounce can lite coconut milk |
| 4-6 garlic cloves, minced | 2 teaspoons maple syrup |
| 2 tablespoons ginger paste | 1½ cups chickpeas, drained and rinsed |
| 2 tablespoons curry powder | 1 cup peas, frozen or fresh |
| 1 cups low sodium vegetable broth | Brown rice or whole grain pasta (cooked) |
| 2 tablespoons cornstarch | |
| 2½ cups butternut squash, peeled and cut into 1 inch cubes | GARNISH: |
| 1 small head cauliflower, broken into small florets | Fresh cilantro (several sprigs) |
| | Lime wedges |

DIRECTIONS

1. In a large fry pan over medium-high heat sauté the onion in a small amount of water. When they are tender, add the garlic, ginger paste, and curry powder. Simmer for 3-5 minutes.
2. Whisk together vegetable broth and cornstarch until smooth. Add the broth mixture, butternut squash, cauliflower, coconut milk, maple syrup, chickpeas, and peas to the pot and cover. Cook over low-medium heat until the vegetables and squash are tender, about 20-30 minutes. Salt to taste and serve over brown rice or whole grain pasta. Garnish with cilantro and lime.

ENTREES



PREP



COOK



SERVES

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