

# Butternut & Chickpea Coconut Curry



By Chef Amanda DeLaura

This is a soothing dish designed to be poured over wild rice or browned quinoa. You can easily make it up to a week in advance or freeze portions of it months in advance. It's the perfect meal for a cold February evening and it is full of spices that will help promote digestion and increase intake of antioxidants. Bon appétit!

Makes 4 servings

## Ingredients:

- 2 cups chopped butternut squash
- 1 Tbsp olive oil
- 1/4 tsp pink salt
- 1 Tbsp coconut oil
- 3 scallions, *minced*
- 2 cloves garlic, *minced*
- 1 Tbsp ginger, *minced*
- 1 tsp pink salt
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric

1 tsp garam masala  
2 (14 oz) cans coconut milk  
1 (14 oz) can chickpeas, *drained*  
4 oz snow peas  
1 handful baby spinach  
1/4 cup cilantro, *chopped*  
1/4 tsp fenugreek, *optional*  
1 tsp coconut sugar, *optional*  
1/4 lime, *zested*  
1/2 lime, *juiced*

**Directions:**

1. Preheat your oven to 375°F. Toss the butternut squash with the one tablespoon of olive oil and quarter teaspoon of pink salt. Lay the squash on a medium-sized baking sheet and bake for 25 minutes.
2. Once roasted and softened, take half of the baked butternut squash and place it into a blender with the two cans of coconut milk. Blend until smooth.

To assemble curry, heat a large pot over medium heat and add the one tablespoon of coconut oil. Once shimmering, add the scallions, garlic, ginger, and sea salt to the pot and let cook for two minutes, stirring constantly with a wooden spoon. Continue to add the cumin, coriander, turmeric and garam masala. Mixing frequently, let the spices cook till aromatic, about 30 seconds.

3. Pour the prepared coconut milk into the pot and bring it to a gentle boil. Reduce the heat to low and add the chickpeas, snow peas, and remaining butternut squash. Simmer for 20 minutes or until the snow peas are softened. Remove the curry from the heat and add the spinach, cilantro, fenugreek, coconut sugar, lime zest, and lime juice. Mix so that the spinach wilts and enjoy immediately

