

Eat The View



Recipes and Tips

Thai curry with butternut squash and chickpeas

2 teaspoons of oil
1 small onion, diced
2 cloves garlic, minced
1 inch piece ginger, grated
1-2 bird's eye chilli peppers, thinly sliced
2 ½ tablespoons curry paste
1 can of coconut milk
Approximately 450 g of peeled and cubed butternut squash
3 ¾ teaspoons soy sauce
2 teaspoons maple syrup
1 can of chickpeas
30g baby spinach (about 2 large handfuls)
1 ½ teaspoon lime juice or rice vinegar

Heat a deep pan over medium-high heat. Add oil, and once shimmering, add the onion along with a pinch of salt. Cook until they are tender and lightly browned

Add the garlic, ginger, chilli peppers and curry paste, cook for 2 minutes, stirring frequently. You may need to add a tablespoon or water to prevent the mixture from drying out, sticking and burning.

Pour in a couple spoons of the coconut milk and allow it to bubble for a minutes, stirring well. Stir with a spatula to scrape up any browned bits stuck to the bottom of the pot. Pour in the remaining coconut milk, cubed squash, soy sauce and maple syrup, stir to combine

Bring the mixture to the boil, then reduce the heat to low to maintain a rapid simmer for 20 minutes or until the squash is tender and cooked through.

Turn off the heat and use an hand blender to blend roughly half of it.

Stir in the chickpeas and bring the curry to a gentle simmer. Once simmering, stir in the baby spinach, stirring until the greens have wilted.

Turn off the heat and stir in the lime juice or rice vinegar. Taste for seasonings, adding salt as needed.

Serve the curry over rice.