



Butternut Squash Curry With Spinach

Ingredients

2 Tbsp virgin coconut oil
1 yellow onion, chopped
5 cloves of garlic
2 tbs minced ginger
1 tbsp Pataks Curry Paste or to taste
1 heaped tsp ground cinnamon
2 tsp ground coriander
1 heaped tsp turmeric
5 -6 cups diced butternut squash (I used a whole organic butternut squash which is smaller than non-organic)
1 tin crushed tomatoes
1 tin full fat coconut milk
1 cup water (you may wish to add a little more)
1 tsp salt
5 cups baby spinach

Serve with cauliflower rice or cooked brown rice

Method

1. Heat a saucepan over a medium-high heat. Add coconut oil and when melted, add onions. Cook onions for about 2 minutes until they start to soften.
2. Add garlic and ginger and cook another minute
3. Add curry paste, cinnamon, coriander and turmeric and stir to coat the onions.
4. Add the diced butternut squash, tomatoes, coconut milk, water and salt. Cover the pan with a lid and bring everything to the boil.
5. If serving rice or cauliflower rice, start cooking that now.
6. Reduce heat to medium and let everything simmer for 15 minutes.
7. Test butternut squash to see if it is tender. If firm, cook for another 3-5 minutes.
8. Switch off heat. Add spinach and stir until the spinach wilts – about a minute.
9. Serve in bowls with cauliflower rice or brown rice.