

Butternut Squash & Coconut Curry

Yield: 5 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-butternut-squash-recipe>

Ingredients:

- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 1 butternut squash medium, roughly 2 1/2 pound
- 3 tablespoons cooking oil such as grapeseed or peanut oil
- 1 shallot large, peeled and sliced
- 4 garlic cloves peeled and chopped
- 1/2 inch fresh ginger knob, peeled and minced
- 1 chile jalapeño, chopped, seeds optional, for extra heat
- 1/2 teaspoon turmeric
- 1/2 teaspoon cayenne optional, for extra heat
- 2 red chilies small, dried, optional, for extra heat
- 1 long pepper Balinese, optional
- 1 tablespoon tamarind paste
- 14 ounces coconut milk
- 1 cup water
- 1 teaspoon salt or to taste
- cilantro for garnish, optional
- cooked rice to serve

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 5 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 4 grams

7. SaturatedFat: 17 grams
 8. Sodium: 530 milligrams
 9. Sugar: 5 grams
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