

Indian Butternut Squash Curry

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 1/16 cups brown basmati rice
- 1 tablespoon olive oil
- 1 butternut squash diced
- 1 red onion diced
- 2 tablespoons mild curry paste
- 1 1/4 cups vegetable stock
- 4 tomatoes large, roughly chopped
- 2 7/16 cups chickpeas rinsed and drained
- 3 tablespoons fat free greek yogurt
- 1 handful coriander chopped

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 83 grams
3. Fat: 6 grams
4. Fiber: 10 grams
5. Protein: 12 grams
6. SaturatedFat: 1 grams
7. Sodium: 610 milligrams
8. Sugar: 8 grams

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