

# Chicken and Butternut Squash Curry

Yield: 6 min  
Total Time: 50 min

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

## Ingredients:

- 1 tablespoon ghee or coconut oil
- 1 brown onion medium, chopped
- 1 medium carrot peeled and diced
- 6 chicken thigh fillets skinless, cut into 3cm pieces
- 4 cloves garlic crushed
- 3 tablespoons curry paste Korma
- 1 teaspoon Garam Masala optional
- 4 cups butternut squash ready diced, /pumpkin
- 7 ounces green beans trimmed
- 1 11/16 cups coconut milk
- 1 tablespoon coconut sugar or brown sugar
- salt to taste
- coriander leaves Fresh, to serve

## Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 195 milligrams
4. Fat: 53 grams
5. Fiber: 5 grams
6. Protein: 43 grams
7. SaturatedFat: 23 grams
8. Sodium: 330 milligrams
9. Sugar: 9 grams

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