



Cashew, Coconut, and Squash Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



646 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 oz coconut milk canned
- ☐ 1 cinnamon sticks
- ☐ 4 servings rice steamed
- ☐ 1 teaspoon cumin seeds
- ☐ 20 curry leaves dried fresh
- ☐ 1 tsp kosher salt divided
- ☐ 1 tablespoon juice of lemon
- ☐ 1 onion halved cut into half-moons

- ☐ 1 cup roasted cashews salted
- ☐ 1 serrano chiles green red minced
- ☐ 1 teaspoon turmeric
- ☐ 3 tablespoons vegetable oil divided

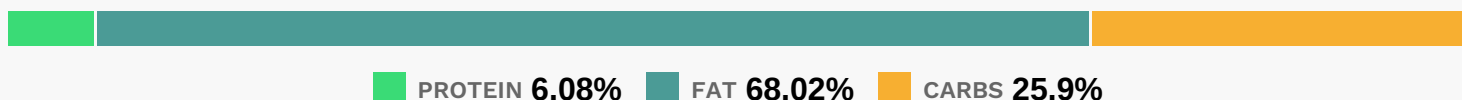
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle squash with 1/2 tsp. salt.
- ☐ Heat 1 tbsp. oil in a large nonstick frying pan over medium-high heat. Brown half the squash in oil, turning once, 6 to 8 minutes; reduce heat if squash starts getting dark.
- ☐ Transfer to a bowl and repeat with 1 tbsp. oil and remaining squash.
- ☐ Meanwhile, heat remaining 1 tbsp. oil in another large frying pan over medium heat. Cook onion, stirring occasionally, until deep golden, 12 to 15 minutes.
- ☐ Transfer half to the nonstick frying pan and reserve other half in a bowl.
- ☐ Add chiles, cinnamon, and curry leaves to onion in pan. Cook, stirring often, until curry leaves are very fragrant, about 2 minutes.
- ☐ Add turmeric, cumin, and remaining 1/2 tsp. salt and cook, stirring, until spices are fragrant, about 1 minute.
- ☐ Return squash to nonstick frying pan (with onion) and add coconut milk. Bring to a boil over high heat, then cover, reduce heat, and simmer until squash is tender, 5 to 10 minutes. Stir in cashews and lemon juice, and add more salt to taste. Top curry with reserved onion and serve with rice.
- ☐ *Kabocha peels are edible. Find curry leaves in Indian markets.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:24.51, Inflammation Score:-10, Nutrition Score:19.062608630761%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 645.5kcal (32.28%), Fat: 51.01g (78.48%), Saturated Fat: 26.49g (165.55%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 38.8g (14.11%), Sugar: 6.55g (7.28%), Cholesterol: 0mg (0%), Sodium: 819.29mg (35.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.53%), Manganese: 1.89mg (94.34%), Copper: 1.11mg (55.72%), Magnesium: 143.79mg (35.95%), Phosphorus: 318.4mg (31.84%), Vitamin K: 31.4µg (29.9%), Iron: 4.81mg (26.7%), Selenium: 16.54µg (23.63%), Zinc: 3.13mg (20.85%), Fiber: 4.89g (19.57%), Potassium: 568.13mg (16.23%), Vitamin B6: 0.26mg (12.93%), Folate: 49.96µg (12.49%), Vitamin B5: 0.96mg (9.58%), Vitamin E: 1.41mg (9.39%), Vitamin C: 7.47mg (9.06%), Vitamin B1: 0.13mg (8.63%), Vitamin B3: 1.71mg (8.53%), Calcium: 65.34mg (6.53%), Vitamin B2: 0.09mg (5.48%), Vitamin A: 54.69IU (1.09%)