



Panang Vegetable Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chilies dried
- ☐ 1 pound carrots peeled
- ☐ 1.5 pounds cauliflower cored
- ☐ 8 servings jasmine rice steamed
- ☐ 2 tablespoons curry paste
- ☐ 2 tablespoons fish sauce (such as nam pla or nuoc nam)
- ☐ 0.5 cup basil fresh divided thinly sliced
- ☐ 2 tablespoons ginger peeled chopped

- ☐ 4 pound kabocha squash seeded quartered cut into 8 wedges, , or 2 acorn squash, ,
- ☐ 8 kaffir lime leaves fresh
- ☐ 8 servings kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup peanuts chopped
- ☐ 2 bell pepper red cut into 1/2" squares
- ☐ 2 large shallots thinly sliced
- ☐ 0.3 cup tamarind paste
- ☐ 12 ounce tofu dry firm drained cut into 1" cubes
- ☐ 2.3 cups coconut milk unsweetened canned divided
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups vegetable stock ()

Equipment

- ☐ bowl
- ☐ pot

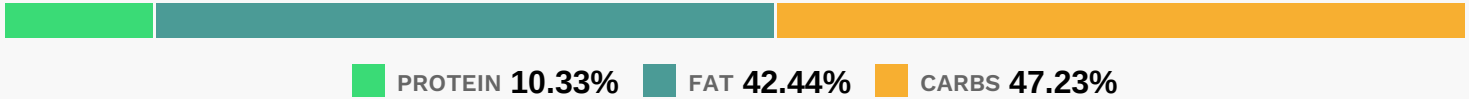
Directions

- ☐ Heat oil in a large heavy wide pot over medium heat.
- ☐ Add shallots, Panang Curry Paste , and ginger; stir until shallots begin to soften, 2–3 minutes.
- ☐ Add 1/3 cup coconut milk; stir until browned, about 4 minutes.
- ☐ Add remaining 2 cups coconut milk, 1 1/2 cups vegetable stock, lime leaves, and chiles; stir to blend, scraping up browned bits.
- ☐ Add kabocha squash to pot, set on sides so all pieces fit in a single layer. Bring to a boil, reduce heat to medium–low, cover, and simmer until squash is almost tender, 15–20 minutes.
- ☐ Remove squash from pot; stir in cauliflower, carrots, and peppers. Return squash to pot, placing on top of vegetables; cook until all vegetables are tender, 10–15 minutes.
- ☐ Transfer squash to a plate.
- ☐ Stir tamarind concentrate, half of basil, fish sauce, and lime juice into pot; add tofu. Cover and simmer until heated through, about 2 minutes, adding more stock if too thick. Season to taste

with salt.

- ☐
- Divide curry among bowls; top each with 1 wedge of squash; sprinkle remaining basil and peanuts over.
- ☐
- Serve curry with steamed jasmine rice.

Nutrition Facts



Properties

Glycemic Index:59.26, Glycemic Load:28.99, Inflammation Score:-10, Nutrition Score:31.883478221686%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 509.35kcal (25.47%), Fat: 25.51g (39.25%), Saturated Fat: 16.25g (101.57%), Carbohydrates: 63.88g (21.29%), Net Carbohydrates: 53.3g (19.38%), Sugar: 15.92g (17.69%), Cholesterol: 0mg (0%), Sodium: 814.49mg (35.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.95%), Vitamin A: 14303.49IU (286.07%), Vitamin C: 114.2mg (138.43%), Manganese: 1.8mg (90.11%), Potassium: 1611.63mg (46.05%), Fiber: 10.58g (42.31%), Vitamin B6: 0.84mg (41.81%), Folate: 158.3µg (39.57%), Vitamin K: 37.47µg (35.69%), Magnesium: 113.46mg (28.36%), Copper: 0.53mg (26.41%), Phosphorus: 249.04mg (24.9%), Iron: 4.35mg (24.15%), Vitamin B3: 4.22mg (21.09%), Calcium: 195.74mg (19.57%), Selenium: 12.65µg (18.08%), Vitamin B5: 1.8mg (17.99%), Vitamin B1: 0.25mg (16.71%), Vitamin B2: 0.28mg (16.43%), Zinc: 1.93mg (12.86%), Vitamin E: 1.63mg (10.87%)