



# Thai Red Curry with Butternut Squash and Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 pounds butternut squash
- ☐ 15 ounce garbanzo beans drained and rinsed canned (garbanzo beans)
- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup cilantro leaves fresh plus more for garnish
- ☐ 4 servings kosher salt
- ☐ 0.3 cup curry paste red
- ☐ 13 ounce coconut milk unsweetened canned

# Equipment

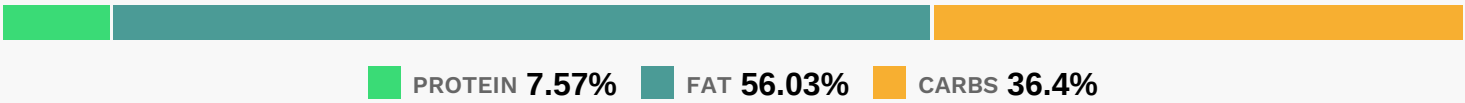
- ☐ bowl
- ☐ pot

# Directions

- ☐ Peel the squash, cut it lengthwise in half, and scoop out the seeds.
- ☐ Cut off the top where it meets the bulbous bottom.
- ☐ Cut the bulb end into 3/4-inch-wide wedges.
- ☐ Cut the neck end into 1/2-inch-thick half-moons.
- ☐ Heat a large heavy pot over medium-high heat.
- ☐ Add the canola oil, then add the curry paste and stir for about 1 minute, or until fragrant.
- ☐ Add the squash and stir to coat with the curry paste. Stir in the chickpeas and season with salt.
- ☐ Add the coconut milk and 3/4 cup water and bring to a simmer. Reduce the heat to medium-low, cover, and simmer gently for about 10 minutes, or until the squash just begins to soften.
- ☐ Stir in the cilantro and simmer, uncovered, stirring occasionally, for about 20 minutes, or until the squash is tender but not falling apart and the sauce has reduced slightly. Season to taste with salt.
- ☐ Divide the curry among four soup bowls, top with cilantro, and serve.
- ☐ Spice It Up
- ☐ Have you noticed the number of new spices on the market? Seasonings that you used to have to bring back home from a trip abroad are now for sale at the local grocer. Spice blends, which can come in powdered or paste form, are made up of a long list of ingredients, so you get a huge amount of flavor in every spoonful. Two of my favorites are Morocco's harissa (a fiery paste made from chilies, garlic, cumin, coriander, caraway, and olive oil) and Thai red curry paste (containing red chilies, lemongrass, cilantro, and more). Refrigerate these in their containers after opening, and they will keep for at least 6 months.
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- ☐ Curtis Stone is the author of five cookbooks and host of Top Chef Masters on Bravo. He is also the creator of Kitchen Solutions, a sleek line of cookware sold in retailers worldwide, and writes a monthly column for Men's Fitness. Born in Melbourne, Australia, Stone honed his skills

in London at Café Royal, under legendary three-star Michelin chef Marco Pierre White, and at Mirabelle and the revered Quo Vadis. He lives in Los Angeles with his wife and son.

## Nutrition Facts



## Properties

Glycemic Index:18.08, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:29.231739230778%

## Flavonoids

Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 492.38kcal (24.62%), Fat: 32.67g (50.27%), Saturated Fat: 20.83g (130.2%), Carbohydrates: 47.76g (15.92%), Net Carbohydrates: 35.75g (13%), Sugar: 9.48g (10.53%), Cholesterol: 0mg (0%), Sodium: 513.19mg (22.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Vitamin A: 27319.57IU (546.39%), Manganese: 2.18mg (108.89%), Vitamin C: 52.33mg (63.43%), Fiber: 12.01g (48.03%), Vitamin B6: 0.88mg (44.23%), Magnesium: 140.26mg (35.06%), Potassium: 1200.71mg (34.31%), Vitamin E: 4.66mg (31.08%), Copper: 0.57mg (28.71%), Iron: 4.94mg (27.46%), Folate: 103.38µg (25.85%), Phosphorus: 252.67mg (25.27%), Vitamin B1: 0.29mg (19.04%), Calcium: 189.43mg (18.94%), Vitamin B3: 3.57mg (17.87%), Vitamin B5: 1.4mg (14.01%), Selenium: 8.99µg (12.84%), Zinc: 1.7mg (11.32%), Vitamin K: 11.71µg (11.15%), Vitamin B2: 0.06mg (3.73%)