



Thai Red Curry with Kabocha Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 13 ounce coconut milk unsweetened canned
- 0.3 cup cilantro leaves fresh coarsely chopped
- 1 tablespoon ginger fresh peeled finely chopped (from a 1-)
- 4 medium garlic clove finely chopped
- 2 medium bell pepper green cut into 1/4-inch strips
- 2.5 pounds kabocha squash peeled seeded cut into 1-inch cubes
- 1.5 teaspoons kosher salt plus more for seasoning
- 2 teaspoons juice of lime freshly squeezed

- 1 tablespoon soya sauce
- 3 tablespoons curry paste red
- 1 tablespoon vegetable oil
- 0.5 cup water
- 1 medium onion yellow

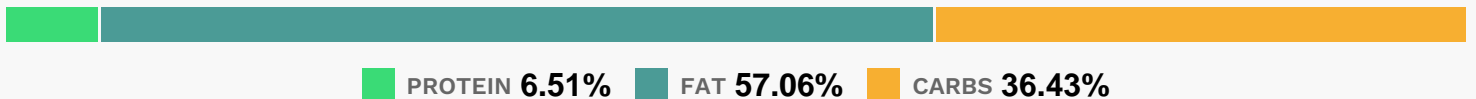
Equipment

- frying pan

Directions

- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the onion and 1 teaspoon of the salt and cook, stirring occasionally, until the onion has softened, about 6 minutes.
- Add the peppers, garlic, and ginger, stir to combine, and cook until fragrant, about 1 minute.
- Add the curry paste, stir to coat the onion-pepper mixture, and cook until fragrant, about 1 minute.
- Add the coconut milk, water, soy sauce, and remaining 1/2 teaspoon of salt, stir to combine, and bring to a simmer. Stir in the squash, return to a simmer, reduce the heat to medium low, and continue to simmer, stirring occasionally, until the squash is fork-tender but still firm, about 20 to 25 minutes.
- Remove the pan from the heat and stir in the lime juice. Taste and season with salt as needed.
- Sprinkle with the cilantro and serve immediately over steamed rice.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:17.513043678325%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 235.48kcal (11.77%), Fat: 16.27g (25.04%), Saturated Fat: 12.28g (76.77%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 19.17g (6.97%), Sugar: 6.54g (7.27%), Cholesterol: 0mg (0%), Sodium: 768.37mg (33.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin A: 3957.97IU (79.16%), Vitamin C: 59.1mg (71.64%), Manganese: 0.91mg (45.38%), Potassium: 917.57mg (26.22%), Vitamin B6: 0.46mg (22.86%), Iron: 3.62mg (20.12%), Fiber: 4.21g (16.85%), Copper: 0.32mg (16.14%), Magnesium: 63.24mg (15.81%), Folate: 62.72µg (15.68%), Phosphorus: 123.6mg (12.36%), Vitamin K: 11.37µg (10.83%), Calcium: 88.7mg (8.87%), Vitamin B3: 1.7mg (8.49%), Vitamin B2: 0.14mg (8.34%), Vitamin B1: 0.11mg (7.21%), Zinc: 0.87mg (5.81%), Vitamin B5: 0.54mg (5.43%), Vitamin E: 0.59mg (3.92%), Selenium: 1.17µg (1.68%)