

Butternut, Coconut & Chickpea Curry with Toasted Coconut Flakes



A delicious seasonal, fragrant curry making the most of autumn squash. Mild and creamy, this will be enjoyed by children and adults alike making it a perfect family weekday meal. Serve with Essential brown basmati rice or naan bread and enjoy a healthy curry night. Suitable for Vegetarians & Vegans, Gluten-Free, Wheat-Free, Soy-Free, Egg-Free

Butternut Squash, Coconut and Chickpea Curry

Preparation time: 15 minutes

Cooking time: 25 minutes

Storage: Leftovers keep in the fridge for 2 days

Ingredients Serves: 4

1 tbsp cumin seeds

1 tbsp coriander seeds

1 tsp fennel seeds

3 large garlic cloves

Small piece fresh root ginger, peeled & chopped

1 red chilli, deseeded and chopped

1 tsp turmeric

1 tomato

Pinch of sugar (optional)

2 tbsp Essential Virgin Coconut Oil

1 red onion, finely chopped

1 tsp garam masala

250g / 9oz butternut squash, peeled & chopped into chunks

1 red pepper, chopped into chunks

225g / 8oz green beans, sliced in half crossways

400ml / 14oz can Essential Coconut Milk

400g / 14oz can Essential Chickpeas, drained

400g / 14oz can Essential Chopped Tomatoes

1 tsp tamarind paste

Handful of chopped coriander leaves

30g / 1oz Essential Toasted Coconut Flakes

Instructions

1. Dry fry the seeds in a frying pan until they turn golden. Place in a grinder and process to form a powder. Place the garlic, ginger, chilli, turmeric, tomato and sugar in a food processor with the spice mixture and process with a little water to make a paste.

2. Heat the coconut butter in a large frying pan. Sauté the onion for 2 minutes until lightly coloured. Add the chilli paste to the pan, cook until most of the liquid has evaporated.

3. Stir in the garam masala, coconut milk and tomatoes with the butternut squash. Bring to a boil, then lower the heat and simmer for 15 minutes. Add the red pepper, green beans, chickpeas and cook for a further 5 minutes.

4. Stir in the tamarind paste, season to taste and scatter with the coriander leaves and toasted coconut flakes to serve.

Essential



Coconut oil (also known as coconut butter) is one of the safest, most heat stable oils to cook with. As a result it doesn't break down into harmful trans fats. The reason is that it is composed of medium-chain fatty acids (MCFAs), also called medium-chain triglycerides or MCTs. In fact coconut oil is nature's richest source of these healthy MCFAs. The MCFAs in coconut oil are health-promoting, because they permeate cell membranes easily, and do not require lipoproteins or special enzymes to be utilized effectively by your body. This means they are easily digested, thus putting less strain on your digestive system. This is especially important for people with digestive or metabolic concerns. MCFAs are sent directly to your liver, where they are immediately converted into energy rather than being stored as fat. This makes coconut oil useful for athletic performance, sustained energy and metabolic support. Coconut oil has the added advantage that it does not raise cholesterol levels. It is also rich in lauric acid, the same compound found in a mother's milk! This is converted by the body into a substance called monolaurin, a compound known to help strengthen the immune system.

Essential's range of cold-pressed organic coconut products include: Creamed Coconut, Coconut Milk and Coconut Oil in 210ml and 690ml sizes.

Nutritional Information

	Per serving	Per 100g
Calories:	240kcal	50kcal
Protein:	9.2g	1.9g
Total Fat:	10.5g	2.2g
of which saturates	5.3g	1.1g
Carbohydrates:	28.9g	6g

Christine Bailey is a well known Nutritionist, Coach, Chef & Food and Health Trainer. She has over 16 years experience in the food & health industry working with a wide range of clients from Corporates, Food and Health Companies to National Charities, Local Authorities and private clients. During her extensive training she gained a First Class Honours BSc in Nutritional Therapy at the Centre for Nutrition Education and Lifestyle Management, a MSc in Sciences, Professional Chef qualification & Professional Teaching qualification PGCE in food, health and nutrition.



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