



More than Food

hellofresh.com | hello@hellofresh.com



SEP 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [i](#) You'll be entered into our weekly photo contest!

Butternut Squash Curry

with Chickpeas, Spinach, and Cashews

Creamy butternut squash and coconut milk bring balance to curry's pungent flavors. Slightly spicy, slightly tart, and slightly sweet, this dish will surprise you in the best ways!



40 min



level 1



vegan



gluten free



Butternut Squash



Chickpeas



Baby Spinach



Cashews



Lime



Yellow Onion



Garlic



Cilantro



Lite
Coconut Milk



Curry Powder



Cinnamon

Ingredients

	2 People	4 People
Butternut Squash	8 oz	16 oz
Chickpeas	1 box	2 boxes
Baby Spinach	5 oz	10 oz
Cashews 1)	1 oz	2 oz
Lime	1	2
Yellow Onion	1	2
Garlic	2 cloves	4 cloves
Cilantro	¼ oz	½ oz
Lite Coconut Milk	1 can	2 cans
Curry Powder	2 T	4 T
Cinnamon	1 t	2 t
Oil*	2 T	4 T

*Not Included

Allergens

1) Tree Nuts

Tools

Large Pot, Strainer

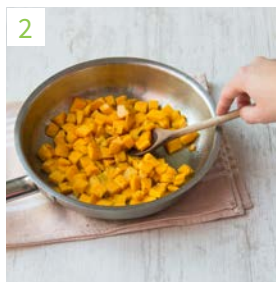
Nutrition per person Calories: 753 cal | Carbs: 72 g | Fat: 40 g | Protein: 23 g | Fiber: 21 g | Sodium: 394 mg

Ruler

0 in ¼ in ½ in ¾ in 1 in



1 Dice the **butternut squash** into ½-inch cubes. Halve, peel, and thinly slice the **onion**. Mince or grate the **garlic**. Drain and rinse the **chickpeas**. Chop the **cilantro**, reserving a few leaves for garnish. Cut the **lime** into wedges.



2 Heat **1 Tablespoon oil** in a large pot over medium-high heat. Add the **squash** to the pot with **1 Tablespoon curry powder** and cook, tossing, for 5-7 minutes until softened. Season with **salt** and **pepper** and set aside.



3 Heat another **1 Tablespoon oil** in the same pot over medium-high heat. Add the **onions** to the pan and cook, tossing, for 3-5 minutes, until softened. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

4 Add ¼ cup **coconut milk** and the **remaining 1 Tablespoon curry powder** to the pot and simmer for 3-4 minutes.



5 Add the **chickpeas, squash, remaining coconut milk**, and a **pinch of cinnamon** (to taste, we used ½ teaspoon) to the pot. Bring to a boil then reduce to a simmer for 15 minutes. Stir the **chopped cilantro** and **spinach** into the pot then season with **salt** and **pepper**.

6 Remove the pot from heat and stir in a few squeezes of **lime** (to taste).

7 Serve the **curry** divided between bowls. Garnish with the **cashews**, **reserved cilantro leaves**, and the **remaining lime wedges**. Enjoy!