

## Thai Squash & Pineapple Curry (Serves 4)

### Ingredients

1 tablespoon vegetable oil

1 onion, chopped

4 teaspoons Thai red curry paste\*

1 medium (approx. 500g) butternut squash, peeled, deseeded and cut into chunks

200ml reduced fat coconut milk\*

200ml vegetable stock\* (usually protein free but doublecheck on label)

70 g frozen green beans

220g can pineapples chunks in natural juice, drained

Coriander leaves, chopped, and leaves to garnish

\*check protein content on the label

### Method

1. Heat the oil in a wok or pan. Fry the onion for 5 minutes until softened. Stir in the red curry paste, and then add the squash, coconut milk and stock.
2. Simmer for 15-20 minutes until the squash is tender. After 10 minutes cooking, tip in the green beans.
3. Stir in the pineapple and coriander, cooking for just a few minutes until the pineapple heats through.
4. Sprinkle with the coriander leaves and serve the curry in bowls with Loprofin Tagliatelle as noodles or Loprofin Rice.

This recipe was provided by Nutricia Metabolics