

Butternut Squash and Green Bean Tikka Masala Curry

Serves 2

Ingredients

- 1 tsp olive oil
- 1 medium butternut squash diced
- 2 white onions, sliced
- Half a pack of runner beans/ mange tout
- 1/2 tsp of black mustard seeds (or ground mustard) and cumin seeds (or cumin powder)
- 2 cloves of garlic crushed (or 1 tsp garlic puree)
- 1 red chilli (or 1 tsp chilli puree)
- 1 tsp of ground turmeric
- 1 tsp medium curry powder
- 200-300mls of cold water
- 500g passata
- 100ml coconut milk***(count exchanges)**
- 200g of low protein rice



Method

1. Grab a pan with a lid/cover and gently heat with a tsp of olive oil.
2. Add in the cumin and mustard seeds, heating until they pop.
3. Add the diced onion and fry until fully cooked. Add in the garlic and chilli and stir.
4. Add in the turmeric, curry powder and water, creating a loose paste before adding in the butternut squash and mange tout/runner beans.
5. Stir well on low heat for one minute until all vegetables are coated in the mixture
6. Now add the passata sauce, mix well and bring to a gentle simmer.
7. Cover and cook for 20 minutes until the butternut squash is soft but holding shape.
8. Add coriander and coconut milk if you wish and taste the mixture to see if salt/more spice is needed.
9. Simmer for a further 5-10 minutes uncovered. During this time boil the low protein rice until soft.
10. Serve and enjoy!

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