

Butternut Squash, Chickpea and Cashew Nut Curry

Recipe by Ann Souter
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	275 kj	3%
Energy (kcal)	66 kcal	3%
Fat	2.9g	4%
<i>of which saturates</i>	0.5g	3%
Carbohydrate	6.5g	3%
<i>of which sugars</i>	2.8g	3%
Fibre	2.0g	8%
Protein	2.5g	5%
Salt	0.01g	0%

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INGREDIENTS:

1 tbsp olive oil, 2 onions, 2 cloves garlic – crushed, 2 tsp grated fresh root ginger, 2 tsp ground coriander, 1 tsp ground cumin, ½ tsp turmeric, ½ tsp cinnamon, ½ tsp chilli powder, 4 ripe tomatoes skinned and chopped, 300ml water, 500g butternut squash, skinned, seeded and cut into chunks, 400g can chickpeas, drained, 250g button mushrooms, washed and sliced, 75g unsalted **CASHEW NUTS**, 2 tsp fresh coriander

Serves 4

OPTIONAL EXTRAS:

150ml sheep's yoghurt (**MILK**)

METHOD:

1. Heat half of the oil in a sauce pan and add the onions and cook until softened but not coloured. Then add the garlic, ginger and spices and cook for a further 5 minutes taking care not to burn the garlic.
2. Add the tomatoes and water and bring to the boil and then simmer for 15 minutes. Then add the butternut squash chunks and chick peas and cook for 20 minutes.
3. Heat the remaining oil in a separate pan and cook the mushrooms over a medium heat until lightly browned.
4. Add the mushrooms to the curry with the cashew nuts and fresh coriander and cook for a further 10 minutes. If using yoghurt stir through at this point but do not allow to boil or the yoghurt will separate.
5. Serve with brown rice.

ALLERGENS



TREE NUTS

MODIFY

CREDIT

Recipe by: Ann Souter
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