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by Liz Robb

Creamy, Mildly Spiced Butternut Squash, Spinach And Tomato Curry

Ingredients

2 onions
3 cloves of garlic
1 green chilli
1 butternut squash
A small piece of ginger
1 heaped teaspoon of coriander seeds
1 heaped teaspoon of cumin seeds
4 teaspoons of hot curry powder
2 tablespoons of sunflower oil
400g can of chopped tomatoes
400g can of reduced fat coconut milk*
2 heaped teaspoons of cornflour
1 lemon
Salt and black pepper
120g spinach
A small bunch of coriander
Servings
4
Person

Preparation

1. Peel and finely slice the onions. Peel the garlic, deseed the chilli and finely chop them both. Peel and grate the ginger. Peel and deseed the squash and then cut into small dice.
2. Put the coriander and cumin seeds in a pestle and mortar and grind them. Add the curry powder and grind again.
3. Heat the oil in a large saucepan over a low heat and gently saute the onion for 4 minutes. stirring occasionally, Add the garlic, ginger and chilli and saute for a further 2 minutes.
4. Add the spice mixture and stir for just a minute.
5. Add the cubes of squash and then saute very gently, stirring, for about 5 minutes.
6. Stir in the canned tomatoes and bring to a simmer. Gradually add the coconut milk and bring to a simmer again. Season with salt and black pepper. Mix the cornflour with a splash of cold water and then stir into the curry.
7. Simmer gently, stirring occasionally, for 40-45 minutes, or until the squash is cooked through and soft.
8. Wash and pat dry the spinach. Stir in lemon juice to taste, about 2 tablespoons, check the seasoning and then stir in the spinach just until it wilts. Finely chop and stir in two thirds of the coriander leaves then serve and garnish with the rest.

Cooks Note

Serve as a main dish for 4 with chapatti or naan bread, or rice, and a bowl of mango chutney. Or simply serve a small bowl on the side with a meat dish; this recipe would then serve 6-8 people.
*I like to use reduced fat coconut milk; if you prefer, you can use full fat for an even richer flavour.