

# Curried Squash

This recipe has a flavour of the Caribbean about it. Serve with rice for a filling meal.



Milk and mustard\*

Nutritional information per portion (283g):

Energy 649kJ 154kcal 8%	Fat 7.8g 11%	Saturates 1g 5%	Sugars 11g 12%	Salt 0.12g 2%
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of an adult's reference intake.  
Typical values per 100g: energy 229kJ/54kcal.

## Equipment

Vegetable peeler  
Sharp knife  
Chopping board  
Garlic crusher  
Roasting tin  
Measuring spoons  
Oven gloves  
Large saucepan  
Wooden spoon  
Fish slice  
Juice squeezer

## Ingredients

### Serves 4

1 butternut squash  
2 medium onions  
1 clove garlic  
1 x 15ml spoon tomato purée  
125g pot low-fat natural yoghurt  
2 x 15ml spoons vegetable oil  
1 x 15ml spoon curry powder or paste  
OR  
1 x 5ml spoon ground cumin, 1 x 5ml spoon ground coriander and 1 x 5ml spoon chilli powder  
½ lime

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- If you cook this the day before you are going to eat it, the flavours have a chance to develop. After cooking allow the curry to cool and then place in the fridge. Heat it in the microwave or oven until piping hot.
- Take care when peeling the squash. You may need to cut it in half so it is easier to hold.

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## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Peel and de-seed the squash. Chop into 1.5-2cm cubes.
3. Peel and chop the onions into 1cm pieces. Separate into two equal piles.
4. Peel and crush the garlic clove.
5. Place the squash, crushed garlic and half the chopped onion into the roasting tin with 1 x 15ml spoon oil.
6. Roast in the oven for 30–40 minutes until the vegetables are cooked and starting to brown around the edges.
7. 10 minutes before the vegetables will be ready, heat 1 x 15ml spoon oil in the saucepan, over a high heat. Then add the remaining chopped onion. Cook for 5 minutes, stirring regularly.
8. Add the spices or curry powder and tomato purée and stir for 1 minute.
9. Add the roasted vegetables to the saucepan. Stir in the yoghurt.
10. Squeeze the lime. Stir in the lime juice just before serving.

## Something to try next time

- Try different types of squash or roasted vegetables such as courgettes, pumpkin, red or yellow peppers.
- Add 1 x 10ml spoon of finely chopped fresh coriander leaves for extra flavour.

### Skills used include:

Measuring, peeling, chopping, crushing, squeezing, mixing/combining, frying and roasting.

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