

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Chickpea and Butternut Squash Curry

Ingredients Serves 4

1 onion, chopped
1 garlic clove, peeled
Fresh ginger thumb-sized piece, peeled and chopped
1 red chilli, diced
groundnut oil
½ tsp turmeric
1 tsp ground coriander
1 tsp ground cumin
1 tsp garam masala
400g butternut squash peeled and diced
400g tin chickpeas, rinsed and drained
400ml half-fat coconut milk
200ml vegetable stock
150g baby spinach
1 lime, plus wedges to serve

Method

Put the onion, garlic, ginger and chilli into a small food processor and blend to a paste. Heat 1 tsp oil in a large pan and fry the paste for a few minutes with a pinch of salt. Add the spices and fry for another minute before adding the butternut squash and chickpeas. Mix the spices, then add the coconut milk and stock. Bring to a simmer and cook for 30 minutes until the squash softens and the sauce thickens. Stir in the spinach until wilted and squeeze in the lime juice. Serve with lime wedges and some boiled rice and mango chutney on the side.

Per serving without the rice

Kcals 223

Fat 9.4g

Carbs 22.4g

Protein 8.8g