

Thai red curry stew



DYNAMIX
HEALTH & FITNESS

2 tps coconut oil
3 small shallots, peeled and quartered
1 inch piece fresh ginger, finely grated
300g butternut squash, cut into small chunks
1 tbsp Thai red curry paste
180ml tinned coconut milk
500ml vegetable stock (made with one organic stock cube)
300g tinned pinto or mixed beans, rinsed and drained well
a pinch of sea salt and ground black pepper
2 tps soy sauce or tamari
200g frozen peas
juice of ½ a lime
30g fresh coriander, roughly chopped

SERVES 3

Melt the coconut oil in a saucepan over a medium heat. Add the shallots and sauté for 3-4 minutes, stirring occasionally.

Add the ginger and squash and cook for 3 minutes, stirring occasionally.

Add the Thai curry paste and a splash of coconut milk. Stir well and cook for 1 minute.

Add the stock, bring to a gentle simmer and cook for 5 minutes.

Add the tinned beans, salt and pepper and soy sauce. Stir well and simmer for 8-10 minutes.

Add the frozen peas and remaining coconut milk. Stir well and simmer for 3 minutes. Remove from heat and add the lime juice. Serve garnished with fresh coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
366 Calories
46g Carbs
14g Protein
14g Fat

