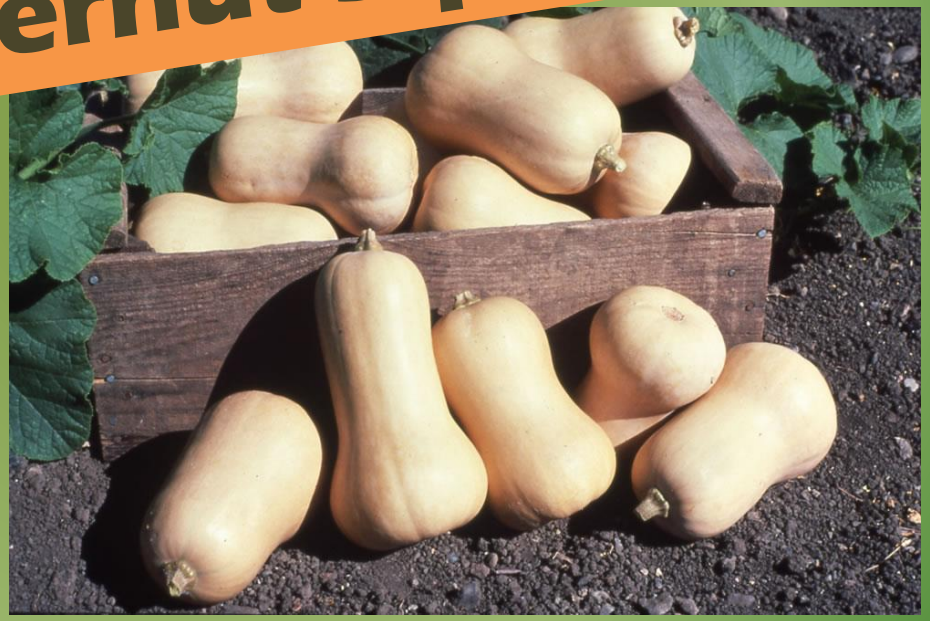
Taste Washington Day

October 7, 2020

Butternut Squash



LOCAL ★ FRESH ★ DELICIOUS

Butternut Squash & Chicken Curry

Ingredients:

1 ¼ oz butternut squash
½ lb cooked, diced chicken
2 oz diced red onion
2 oz diced yellow onion
1 ¼ oz red bell pepper, 1" diced
1 ½ oz kale
1 ½ cup coconut milk
2 ½ tsp curry powder
¼ tsp cardamom
¼ tsp black pepper
pinch of kosher salt
2 ½ tsp minced ginger
2 ½ tsp minced garlic
2 ½ tsp fish sauce
1 tsp sesame oil
1 ½ tsp lime juice
1/5 oz basil (leaves only)

Directions:

- Sauté butternut squash, red and yellow onions, curry powder, cardamom, black pepper, salt, ginger, garlic and sesame oil for approximately 10 minutes at 205 degrees F (low heat).
- Add red peppers and coconut milk and bring to a boil.
- Add chicken and kale and return to a boil.
- Add fish sauce, lime juice, basil and remove from heat.

Serving Suggestion:

- Serve 1 cup of curry over ½ cup couscous (K – 8) and over 1 cup couscous (9 – 12).
- For an added touch add a small piece of fresh basil for color

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