Taste Washington Day
October 6, 2021

Butternut Squash

LOCAL FRESH DELICIOUS
Butternut Squash & Chicken Curry

Ingredients:

- 1 ¼ oz butternut squash
- ¼ tsp black pepper
- ½ lb cooked, diced chicken
- pinch of kosher salt
- 2 oz diced red onion
- 2 ½ tsp minced ginger
- 2 oz diced yellow onion
- 2 ½ tsp minced garlic
- 1 ¼ oz red bell pepper, 1” diced
- 2 ½ tsp fish sauce
- 1 ½ oz kale
- 2 ½ tsp curry powder
- 1 tsp sesame oil
- 1 ½ cup coconut milk
- 1 tsp lime juice
- 2 ½ tsp curry powder
- 1 ½ tsp lime juice
- ¼ tsp cardamom
- 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.