

FALL HARVEST

Coconut Curry

What You Need

- 2 tablespoons coconut oil
- 3 cloves garlic, minced
- 1 small onion, diced
- 3 cups peeled, cubed pumpkin
- 4 cups peeled, cubed butternut squash
- 1 small apple, cubed
- 1 cup red pepper, diced
- 1 yellow zucchini, diced
- 1, 14.5oz can cannellini beans, drained and rinsed
- 3 -4 tablespoons curry powder
- 2, 14.5oz cans coconut milk
- 5-10 Thai chili peppers, stems removed
- 4 cups roughly chopped greens (i.e rainbow chard, collards, or kale)
- 1/2 cup roughly chopped basil
- Salt & Pepper to taste
- Toasted pumpkin seeds

How To Cook

- 1 Melt coconut oil over medium-high heat in a large pot. Add in onion and garlic and saute for 1-2 minutes until soft
- 2 To pan add pumpkin, butternut squash and cook for 3-5 minutes. Add in apple, red pepper, zucchini, and beans. Cook for another 3-5 minutes
- 3 Sprinkle curry powder over vegetables and stir so mixture is evenly coated. Add in coconut milk and stir thoroughly.
- 4 Heat until simmer then reduce heat to medium-low. Cook for 15-20 minutes stirring occasionally until vegetables are cooked to your liking
- 5 Stir in greens and continue stirring until wilted
- 6 To serve: Ladle over cooked brown rice or great by itself too. Top with toasted pumpkin seeds. You can also remove the Thai chili's prior to serving if you don't like the dish too spicy.

Renew

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