

## Plant Based Butternut Squash Thai Curry

### Ingredients:

1. 1 tablespoon coconut oil or olive oil
2. 2.5 cups peeled butternut squash
3. 1-2 Shallots, finely chopped
4. 2-3 tablespoons thai red curry paste
5. ½ Tablespoon yellow curry powder
6. 15 oz coconut milk
7. 1 tablespoon grated ginger
8. ¾ cup of vegetable or chicken stock
9. 2 teaspoon fish sauce
10. 2 teaspoon sugar
11. 3-4 cups baby spinach
12. 16 oz firm tofu OR 1 15 oz can chickpeas/garbanzo beans

### Optional: Tofu marinade:

1. 3 Tbsp coconut milk
2. 1 Tbsp coconut oil
3. 2 tsp cornstarch
4. 1 tsp red curry paste

### Recipe:

1. Prepare plant base protein per recipes below.
2. Melt 1 tablespoon of coconut oil or other oil over medium heat
3. Add finely chopped shallots, cook for 5 minutes or until just golden
4. Add 1 tablespoon of finely grated ginger and diced butternut squash, stir well
5. Add 2-3 tablespoons of red curry paste and ½ tbsp curry powder, stir over medium heat for a few minutes until fragrant.
6. Add broth, coconut milk, fish sauce and sugar.
7. Cook for 10-15 minutes, until squash is soft.
8. Add plant based protein, cook for 3-5 minutes stirring gently. Add spinach in last minute, cook to wilt.

### Option 1: Chickpea Based Curry

1. Pre heat oven to 400 degrees.
2. Rinse 1 can of chickpeas, strain.
3. Add to baking sheet. Drizzle with olive oil or other oil and sprinkle a little curry powder on top
4. Mix gently and bake for 10-15 minutes until slightly crisp.

## Option 2: Tofu

1. Drain liquid out of tofu container. Place solid tofu on plate with a paper towel folded into quarters on top and bottom to help remove liquid. Place a plate or a small pot on top to help compress. Leave on counter for 30-60 minutes.
2. Heat coconut oil and coconut milk in microwave for 10-15 seconds to melt. Goal is to gently turn these solid ingredients into a liquid we can stir.
3. Add cornstarch and red curry paste, stir. Add salt to taste.
4. Remove paper towels from tofu, cut into bite sized cubes
5. Mix into marinade gently. Set aside for 15 minutes
6. Melt 1 tbsp coconut oil on medium heat.
7. Add tofu to hot oil. Crisp on all sides, rotating tofu pieces every few minutes.
8. Set aside on plate.

## Order of Activities:

1. Tofu Prep and Cook Demo
2. Butternut Squash Demo
3. Finely chop shallot
4. How to grate/peel ginger
5. Cook Curry
6. Chickpea prep
7. Should we do rice?