

# Delicata Squash Red Curry

*with Black Rice & Thai Basil*

The cooler months bring their own bounty of delicious produce, including some of our favorite hard squashes—like delicata, the highlight of this dish. We love the rich flavor and smooth texture of delicata, and we love that—thanks to its thin skin—there's no need to peel it before cooking. We're roasting the squash first to brown it, then we're simmering it with mustard greens in a broth of red curry paste and coconut milk. Served with black rice, a purplish variety with an almost fruity flavor, this warming, Thai-inspired meal is perfect for the autumn weather.



## Ingredients

- 1 Cup Black Rice
- 1¾ Cups Coconut Milk
- 3 Scallions
- 1 Delicata Squash
- 1 Bunch Mustard Greens
- 1 Lime
- 1 Bunch Thai Basil

## Knick Knacks

- 2 Tablespoons Peanuts
- 2 Tablespoons Red Curry Paste
- 1 1-Inch Piece Ginger

Makes 2 Servings

About 675 Calories Per Serving

Prep Time: 15 min | Cook Time: 30 to 40 min



1



### Cook the rice:

Preheat the oven to 475°F. Heat a medium pot of salted water to boiling on high. Once boiling, add the **rice**. Cook 27 to 29 minutes, or until tender. Drain thoroughly and set aside in a warm place.

2



### Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Using a sturdy knife, cut off and discard the ends of the squash. Slice the squash crosswise into ½-inch-thick rounds; cut out and discard the pulp and seeds. Peel and mince the ginger. Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops. Remove and discard the stems of the mustard greens; roughly chop. Pick the basil leaves off the stems; discard the stems. Roughly chop the peanuts. Quarter the lime.

3



### Roast the squash:

While the rice continues to cook, place the **squash** on a sheet pan. Drizzle with oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 18 to 20 minutes, or until browned and tender when pierced with a fork.

4



### Start the curry:

Once the squash has roasted for about 15 minutes, in a large, high-sided pan (or pot), heat 2 teaspoons of oil on medium-high until hot. Add the **ginger**, **white bottoms of the scallions** and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant.

5



### Finish the curry:

Add the **mustard greens** to the pan; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the mustard greens have wilted. Add the **coconut milk** (shaking the can before opening) and **roasted squash**. Cook, stirring occasionally, 2 to 4 minutes, or until thoroughly combined. Turn off the heat and stir in **the juice of 2 lime wedges**; season with salt and pepper to taste.

6



### Serve your dish:

Divide the **cooked rice** between 2 dishes. Top with the **finished curry**. Garnish with the **basil**, **peanuts**, **green tops of the scallions** and **remaining lime wedges**. Enjoy!