

South Indian Squash Curry

with Jasmine Rice

Along the balmy, tropical coast of southwestern India, coconut grows abundantly. It's no surprise, then, that it's a fixture of local cuisines. Tonight's recipe is inspired by "molagootal" (a dish that's emblematic of the region's home cooking), which typically features mildly sweet squash simmered with coconut, cumin and mustard seeds. When cooked, mustard seeds turn enticingly nutty and lend a pleasant crunch—a perfect complement to soft, fluffy jasmine rice.

Blue Apron Wine Pairings

Ancient Lakes Cellars Gewürztraminer, 2015
Peltier Vermentino, 2014



Ingredients

¾ Cup Jasmine Rice
1¾ Cups Light Coconut Milk
4 Cloves Garlic
1 Butternut Squash
1 Stalk Celery
1 Bunch Cilantro

Knick Knacks

1 Shallot
1 1-Inch Piece Ginger
2 Teaspoons South Indian Curry Spice Blend
(Cumin Seeds, Brown Mustard Seeds, Cayenne Pepper & Ground Turmeric)

Makes: 2 servings

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/1013

1



Prepare the ingredients:

Wash and dry the fresh produce. Cut off and discard the ends of the squash; using a knife, carefully peel. Separate the neck and bulb of the squash; halve the bulb lengthwise. Using a spoon, scoop out and discard the pulp and seeds; medium dice the squash. Peel and mince the garlic and ginger. Peel and thinly slice the shallot. Small dice the celery. Pick the cilantro leaves off the stems; discard the stems.

2



Cook the rice:

In a medium pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork.

3



Brown the squash:

While the rice cooks, in a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. Add the **squash** and season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until lightly browned and slightly softened.

4



Start the curry:

To the pan, add the **garlic**, **ginger** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **shallot** and **celery**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant.

5



Finish the curry:

Add the **coconut milk** (shaking the can just before opening) to the pan; season with salt and pepper. Reduce the heat to medium and simmer, stirring occasionally, 10 to 12 minutes, or until thickened. (Be careful not to boil, as the coconut milk may separate.) If the curry seems too thick, gradually add up to ¼ cup of water to achieve your desired consistency. Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

Divide the **cooked rice** and **finished curry** between 2 dishes. Garnish with the **cilantro**. Enjoy!