

Roasted Broccoli & Squash Curry

with Crispy Mung Beans & Jasmine Rice

TIME: 45-55 minutes

SERVINGS: 2

Veggie curry gets a unique lift from spaghetti squash—oven-roasted, broken into pasta-like strands, and tossed with the spicy, aromatic ingredients the dish is known for.



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Floral & Aromatic

Serve a bottle with this symbol for a great pairing.



Ingredients



1/2 cup
JASMINE RICE



1 3/4 cups
LIGHT COCONUT
MILK



1
LIME



1 lb
BROCCOLI



2 Tbsps
DRIED MUNG
BEANS



1 1/2 Tbsps
YELLOW CURRY
PASTE



1 1-inch piece
GINGER



1
SPAGHETTI
SQUASH



1
YELLOW ONION



1 bunch
MINT



1
MAKRUT LIME
LEAF



1 Tbsp
SUGAR

KNICK KNACKS:



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1 Prepare & roast the vegetables:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the **squash** and **broccoli**.
- ☐ Using a sharp, sturdy knife, carefully halve the squash lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Place in a baking dish, cut side up; drizzle with olive oil and season with salt and pepper. Arrange cut side down and fill the dish with **1/4 inch of water**.
- ☐ Cut off and discard the bottom 1/2 inch of the broccoli stems; cut the broccoli into small pieces. Place on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to coat. Arrange in an even layer.
- ☐ Roast the vegetables 20 to 22 minutes, or until the broccoli is tender when pierced with a fork. Remove the roasted broccoli from the oven.
- ☐ Continue to roast the squash 14 to 16 minutes, or until the cut side is tender when pierced with a fork. Remove from the oven.

2 Cook the rice:

- ☐ While the vegetables roast, in a small saucepan, combine the **rice**, **lime leaf**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high, then cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat; carefully remove and discard the leaf. Fluff the cooked rice with a fork.

3 Prepare the remaining ingredients:

- ☐ While the rice cooks, wash and dry the remaining fresh produce.
- ☐ Peel and thinly slice the onion.
- ☐ Peel and finely chop the ginger.
- ☐ Quarter the lime.
- ☐ Pick the mint leaves off the stems; discard the stems.

4 Cook the aromatics:

- ☐ While the squash continues to roast, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Add the **ginger**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned and fragrant.

5 Start the curry:

- ☐ To the pan, add the **coconut milk** (shaking the can before opening), **sugar**, and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly thickened. Turn off the heat; season with salt and pepper to taste.

6 Finish the curry & plate your dish:

- ☐ When cool enough to handle, carefully transfer the **roasted squash** to a large bowl. Using a fork, gently pull out the flesh to create long, thin strands; separate any clumps. Discard the skin.
- ☐ Add the squash and **roasted broccoli** to the pan of **curry**. Cook on medium-high, stirring frequently, 1 to 2 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.
- ☐ Divide the **cooked rice** between 2 dishes. Top with the finished curry. Garnish with the **mung beans** and **mint** (tearing just before adding). Serve with the **remaining lime wedges** on the side. Enjoy!