

# Roasted Squash Curry

*with Crispy Mung Beans & Jasmine Rice*

**TIME:** 45-55 minutes

**SERVINGS:** 2

In this recipe, veggie curry gets a unique lift from spaghetti squash—oven-roasted, then broken into pasta-like strands with a fork. We're finishing our squash and bok choy in a sauce made with fresh aromatics and two well-balanced pantry ingredients: spicy yellow curry paste and cooling coconut milk. A garnish of dried mung beans brings it all together with exciting crunch.



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## Ingredients



1/2 cup  
JASMINE RICE



1  
LIME



1 3/4 cups  
LIGHT COCONUT  
MILK



1 bunch  
MINT



1  
SPAGHETTI  
SQUASH



1  
YELLOW ONION



1/2 lb  
BABY BOK CHOY

## KNICK KNACKS:



2 Tbsp  
DRIED MUNG  
BEANS



1 1/2 Tbsp  
YELLOW CURRY  
PASTE



1 1-inch piece  
GINGER



1  
MAKRUT LIME  
LEAF



1 Tbsp  
SUGAR



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### 1 Prepare & roast the squash:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ 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. Fill the dish with **¼ inch of water**.
- ☐ Roast 32 to 35 minutes, or until the cut side of the squash is tender when pierced with a fork. Remove from the oven.

### 2 Cook the rice:

- ☐ While the squash roasts, in a small saucepan, combine the **rice, lime leaf, a big pinch of salt, and 1 cup 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. Turn off the heat.
- ☐ Carefully remove and discard the lime leaf. Fluff the cooked rice with a fork. Cover and set aside in a warm place.

### 3 Prepare the remaining ingredients:

- ☐ While the rice cooks, peel and thinly slice the **onion**.
- ☐ Peel and finely chop the **ginger**.
- ☐ Quarter the **lime**.
- ☐ Cut off and discard the root end of the **bok choy**; thinly slice crosswise.
- ☐ Pick the **mint** leaves off the stems; discard the stems.

### 4 Cook the aromatics:

- ☐ While the rice continues to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- ☐ Add the **chopped 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 just 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 and season with salt and pepper to taste.

### 6 Finish the curry & serve your dish:

- ☐ When cool enough to handle, using a fork, scrape the flesh of the **roasted squash** into a bowl; separate any clumps. (The result should resemble cooked spaghetti.) Discard the skins.
- ☐ Add the squash and **sliced bok choy** to the pan of **curry**. Cook on medium-high, stirring frequently, 2 to 3 minutes, or until thoroughly combined. Turn off the heat.
- ☐ Stir in the **juice of 2 lime wedges**; season with salt and pepper to taste.
- ☐ Top the **cooked rice** with the finished curry. Garnish with the **mung beans** and **mint leaves** (tearing just before adding). Serve with the **remaining lime wedges** on the side. Enjoy!