

Kabocha Squash Red Curry

with Brown Rice

Kabocha squash is a dark green, squat squash that resembles a pumpkin. Portuguese sailors introduced it to Japan in the mid-1500s, and it has been cultivated there ever since. It has a sweet, nutty flavor (think: a cross between a sweet potato and a pumpkin) and a fluffy texture.



Ingredients

- 3 Cloves Garlic
- 2 Stalks Lemongrass
- 1 Bunch Cilantro
- 1 Bunch Mint
- 1 Cubanelle Pepper
- 1 Kabocha Squash
- 1 Lime
- 1 Red Onion
- 1 Cup Brown Rice
- 2 Tablespoon Red Curry Paste
- 5½ Ounce Can Coconut Milk

Makes 2 Servings
About 500 Calories Per Serving

Instructions



Cook the rice:

In a small pot, combine the **rice**, **2 cups of water**, and a **pinch of salt**. Heat to a boiling on high. Cover, reduce the heat to low, and simmer for about 25 minutes, or until the liquid is absorbed and the rice is tender. Remove from heat and fluff the finished rice with a fork.



Prepare the ingredients:

Peel the garlic. Chop the ends of the lemongrass and peel away the fibrous layers, until you get to the soft, white core. Finely chop the garlic and lemongrass. Pick the mint leaves off of the stem. Roughly chop the cilantro. Finely dice the red onions and pepper. Peel the squash and cut in half lengthwise. Scoop out the seeds with a spoon and chop into 1-inch cubes. Cut the lime into wedges.



Cook the vegetables:

While the rice is cooking, heat some olive oil in a large pot on high heat. Sauté the **onion**, **pepper**, **garlic** and **lemongrass** for 4 to 6 minutes, or until the vegetables are soft.



Cook the squash:

Add the **squash** and cook for an additional 4 to 6 minutes, stirring frequently, until the squash starts to soften.



Add the seasonings:

Add the **coconut milk**, **red curry paste** and ½ cup of water. Season with salt and pepper to taste. Reduce the heat to medium-low and simmer about 7 to 10 minutes, or until the squash is softened and the liquid is slightly reduced in volume, stirring occasionally.



Plate your dish:

Divide the rice between 2 bowls. Top the rice with the squash and curry sauce. Garnish with the **mint**, **cilantro** and a **lime wedge**. Enjoy!