

# Chickpea and Butternut Squash Curry

From – *Julia Frey of Vikalinka*

1 Tbsp oil  
2 medium onions, chopped  
3-4 cloves garlic, chopped  
1 bunch cilantro, chopped (stalks and leaves separated, stalks reserved)  
1 medium butternut squash, peeled and diced  
1 can chickpeas  
2 Tbsp Patak's Korma Paste or any other curry paste (not cooking sauce)  
1 can coconut milk  
2 cups water  
3 ½ oz spinach  
½ cup frozen peas  
2 Tbsp desiccated unsweetened coconut (optional)  
salt- to taste  
cooked Basmati rice for serving

- Heat oil in a large and deep pan and cook chopped onions, garlic and cilantro stalks over low heat for 10 minutes until soft and slightly colored.
- Meanwhile dice your butternut squash to match the size of chickpeas.
- When the onions are tender add the curry paste and cook for a minute or so stirring the whole time, then add your squash, chickpeas, coconut milk, desiccated coconut, water and a pinch of salt, bring it to a boil by turning the heat up, then turn the heat down to a low-medium and simmer it covered for 35-40 minutes. Stir it occasionally to prevent from burning and add a few splashes of water if it gets too dry.
- Test the butternut squash, it should be fork tender by this point but not falling apart. Your curry should be thick so if it's too runny, uncover and let the liquid cook down for a few more minutes. When you are satisfied with the consistency of the curry stir in peas, spinach and cilantro leaves, cover with a lid and take off the heat.
- Serve with steaming hot Basmati rice.



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