

Jamaican Squash and Coconut Stew

with Quinoa and Mango Salsa

hellóchef

Jamaican food is a melting pot of flavours. This stew is a combination of warm spices, sweet squash, salty soy and creamy coconut.

Cals 780 • Prot 15 • Carbs 101 • Fat 40

Vegan

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2967



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Stew	2 ppl	3 ppl	4 ppl	
Butternut squash	600	900	1200	Grams
Spring onion	40	60	80	Grams
Fresh thyme	10	10	20	Grams
Tomatoes	1	2	2	Piece
Olive oil	1	1	2	Tbsp
Coriander powder	2	4	4	Grams
Allspice powder	2	2	4	Grams
Curry powder	2	4	4	Grams
Garlic powder	2	4	4	Grams
Coconut milk	400	400	800	ML
Sambal oelek	20	30	30	Grams
Soy sauce ^{9*} , ^{10*} , ^{11*}	20	30	40	ML
Ketchup	16	32	32	Grams
Quinoa				
Mixed quinoa	100	150	200	Grams
Water	250	375	500	ML
Salt	0.5	0.5	1	Tsp
Salsa				
Mango	1	1	2	Piece
Fresh coriander	15	15	30	Grams
Large red chilli	1	1	2	Piece
Lime	1	1	2	Piece
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

^{*9} Soya, ^{*10} Wheat, ^{*11} Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3259 / 780
Fat (g)	40.1
of which saturates (g)	21.6
Carbohydrate (g)	101
of which sugars (g)	32.5
Fiber (g)	17.2
Protein (g)	15.4
Salt (g)	3.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds. Chop the **squash** into bite-size pieces. Trim and finely slice the **spring onion**. Strip the **thyme** leaves from its stalks. Roughly chop the **tomatoes**.



2 Sweat

Heat a large pan with a drizzle of **oil** over a medium heat. Once hot, add the chopped **butternut squash** cubes and cook for 4-5 min or until starting to brown. Add the **spring onion, thyme, coriander, allspice powder** and **curry powder** to the pan and cook for 30 secs or until fragrant.



3 Simmer

Once fragrant, add the **garlic powder, tomatoes, coconut milk, sambal oelek (spicy!), soy sauce** and **ketchup**. Reduce the heat to medium-low and cook for 20-25 min or until the **squash** is soft. Season.



4 Boil quinoa

Meanwhile, place the **quinoa** in a bowl, cover with warm water and rinse well. Drain in a fine sieve. Add the **measured water** to a saucepan and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.

Tip! Washing quinoa with warm water before draining it, helps remove any bitter-tasting components known as saponins from its surface.



5 Prep salsa

Meanwhile, peel the **mango** and cube it. Roughly chop the **coriander**. Finely chop the **chilli**. Squeeze the **lime** into a bowl. Add the **mango, coriander** and **chilli (spicy!)**. Season with **salt** and **pepper** and toss.



6 Serve

Serve the **squash** and **coconut stew** over the **quinoa** and top with the **mango salsa**.