



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

Cooking Time: 30 min | Dairy-Free

Cals 940 | Prot 19 | Carbs 110 | Fat 54

Tips For Fussy Eaters

Can't handle the heat? Go easy on the chilli!

Pro Tip

Washing quinoa with warm water before draining it, helps remove the bitter-tasting saponins from its surface.

Ingredients For 2 For 3 For 4

Stew

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	20	30	40	ML
Ketchup	20	39	39	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	1	1	1	Tsp
Black pepper	0.5	1	1	Tsp



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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 powder**, all spice 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.



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**.