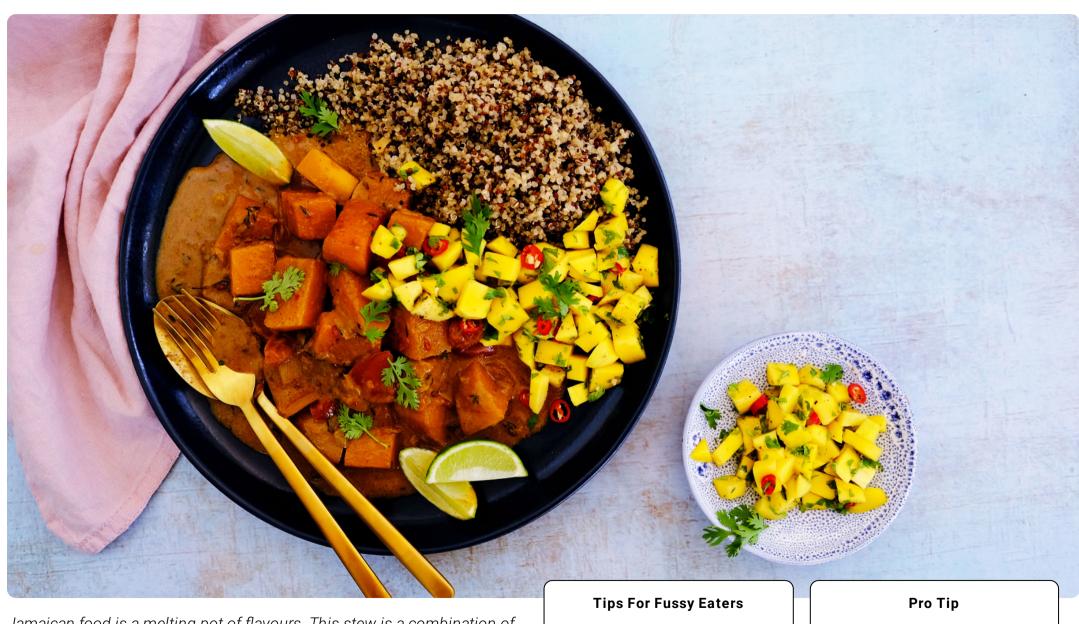
# **Jamaican Squash and Coconut Stew**

with Quinoa and Mango Salsa



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

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

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 900 1200 Butternut squash 600 Grams Spring onion 40 60 80 Grams Fresh thyme 10 10 20 Grams 1 2 2 Piece Tomatoes 2 Olive oil 1 Tbsp Coriander powder 2 4 4 Grams 2 4 Allspice powder Grams 4 4 Curry powder Grams 4 Garlic powder 4 Grams Coconut milk 400 400 800 ML Sambal oelek 20 30 30 Grams Soy sauce 20 30 40 ML 20 39 39 Ketchup Grams **Ouinoa** Mixed guinoa 100 150 200 Grams Water 250 375 500 ML Salt 0.5 0.5 1 Tsp Salsa Mango 1 2 Piece 15 30 Fresh coriander 15 Grams 2 Large red chilli Piece 2 Lime Piece Salt Tsp 0.5 Black pepper 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**.