

# Taste Washington Day

October 3, 2018

**Kale**



**LOCAL ★ FRESH ★ DELICIOUS**

# Butternut Squash & Chicken Curry

## *Ingredients:*

1 ¼ oz butternut squash  
½ lb cooked, diced chicken  
2 oz diced red onion  
2 oz diced yellow onion  
1 ¼ oz red bell pepper, 1" diced  
1 ½ oz **kale**  
1 ½ cup coconut milk  
2 ½ tsp curry powder  
¼ tsp cardamom

¼ tsp black pepper  
pinch of kosher salt  
2 ½ tsp minced ginger  
2 ½ tsp minced garlic  
2 ½ tsp fish sauce  
1 tsp sesame oil  
1 ½ tsp lime juice  
1/5 oz basil (leaves only)

## *Directions:*

- Sauté butternut squash, red and yellow onions, curry powder, cardamom, black pepper, salt, ginger, garlic and sesame oil for approximately 10 minutes at 205 degrees F (low heat).
- Add red peppers and coconut milk and bring to a boil.
- Add chicken and kale and return to a boil.
- Add fish sauce, lime juice, basil and remove from heat.

## *Serving Suggestion:*

- Serve 1 cup of curry over ½ cup couscous (K – 8) and over 1 cup couscous (9 – 12).
- For an added touch add a small piece of fresh basil for color

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