

# BUTTERNUT SQAUSH CURRY

BY BROWNGIRLHEALTH

## INGREDIENTS

1 Medium Butternut peeled and cubed

1 Onion chopped

Frozen Green Beans or Peas

Oil

2/3 Cup Coconut Milk

3/4 Water

### Spices

Salt

2 Tablespoon of "butter chicken" spice mix

Or

1 Tbs Ginger & Garlic Paste

1 Tbs Curry Powder

1/2 Tsp Turmeric

## METHOD

Heat pot with oil to medium heat, add onions and sauté for a minute. Add the garlic & ginger paste. Cook for another minute.

Add the spices and stir to combine spices with onion . Add butternut, coconut milk and water and let simmer for 15 minutes.

Stir every few minute.

check butternut if its soft cook another few minutes if not.

Turn stove off and add your green beans or peas.