

Mark's Kitchen

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Butternut Massaman Curry

Ready in: 45 minutes

Serves: 4

Flavour-packed, slow-cooked dishes are the simplest yet most satisfying and comforting meals. This rich Massaman curry made by my friend Dr. Rupy Aujla of The Doctor's Kitchen can be made with meat or butternut squash. It takes on the spices really well and, with the extra veg, the dish has plenty of micronutrients. Greens, squash and other yellow/orange coloured vegetables are dense sources of pro-vitamin A and offer vital phytonutrients for immunity and eye health. This recipe makes enough for lunch the next day (to make your co-workers envious).

If you love this recipe, be sure to check out The Doctor's Kitchen Cookbook which is out now in the UK! Also, look out for Dr. Aujla's advice on how to eat to support your brain in the upcoming [Broken Brain Docuseries](#).

Ingredients:

- 2 tbsp coconut oil
- 3 tsp Massaman paste
- 8.5 tbsp coconut cream
- 1 pound butternut squash, peeled, deseeded and cut into 4cm cubes
- 1.5 cups vegetable stock or water
- 2 tsp fish sauce or wheat-free tamari sauce
- 2 bay leaves
- 1/3 cup sugar snap peas, roughly chopped
- 1/3 cup spinach, roughly chopped
- 2 tbsp fresh coriander leaves, roughly chopped
- 1 tbsp dry roasted almonds, roughly crushed
- Salt and freshly ground black pepper
- Cooked brown rice to serve (optional)

Step 1: Melt the coconut oil in a saucepan over a medium heat, add the Massaman paste and fry for 1 minute, then stir in the coconut cream. Add the cubed butternut squash, season with salt and pepper and cook, stirring, for 2–3 minutes, until lightly coloured.

Step 2: Pour in the stock or water, add the fish sauce and bay leaves. Cover and simmer for 25 minutes, until the vegetables are soft and the sauce has reduced.

Step 3: Remove from the heat, fold in the sugar snap peas and spinach, and cover for 2 minutes. The heat of the curry will lightly cook them.

Step 4: Garnish the curry with the coriander and crushed almonds and serve it on its own or with a little brown rice on the side to soak up the creamy sauce.

Nutritional analysis per serving (with brown rice): calories 354, carbohydrates 27 g, fat 25 g, protein 8 g, sugar 3 g