



# Spaghetti Squash Curry

Hewood Organics Spaghetti Squash Curry

Serves: 4

Prepare: 20 Minutes

Cook: 1 Hour

Difficulty: easy

## Ingredients

- 1 tin of good coconut milk (we prefer the full fat variety)
- Half a spaghetti squash
- 1 leek
- 6 cloves garlic
- 1 piece of ginger
- Thai curry powder- (coriander, cayenne, cumin, star anise, lemon peel, lemongrass)
- Basmati rice (60g-90g per person)
- Knob of butter
- Pinch of salt

## Method

1. Half the Spaghetti Squash, scoop out the seeds and place in a baking tray
2. Drizzle with oil and salt and roast on 180°C for around 40 minutes
3. In the last 10 minutes, add in the garlic cloves to roast
4. On the hob, fry leek in butter or oil with salt and black pepper, along with ginger
5. Remove the squash and garlic from the oven and, using a fork, scrape out the squash from the skin and squeeze the garlic out of their skins. Add these to the pan, along with the coconut milk and curry powder. Cook on a low heat for around 15 minutes, or until the squash disintegrates into the curry
6. For The Rice - Measure the rice into a cup and level the top or weigh the amount of servings you want into a jug and note the liquid level it comes up to
7. Pop the rice into a pan over a low heat, then add the butter, and stir to coat the rice grains
8. Add double the amount of water to rice and a pinch of salt
9. Bring to a boil. Swirl the rice in the pan to make sure it's well distributed
10. Put a lid on and turn the heat down to as low as possible. When the rice is light and fluffy and the water absorbed you know it is ready
11. Plate, serve and enjoy!