

SENSELESS

RECIPES

SWEETCORN & BUTTERNUT SQUASH MALAY CURRY



Josh Katz

SWEETCORN & BUTTERNUT SQUASH MALAY CURRY

👤 Serves 4 ⌚ Cooks xx minutes

SENSE

INGREDIENTS

200g jasmine rice, washed
2 tbsp grapeseed oil (or light olive oil)
1 medium onion, finely chopped
10g lemongrass, outer layer removed & finely sliced
20g ginger, grated
2 garlic cloves, minced
1 red chilli, finely chopped
2 tbsp tomato puree
1 tbsp curry powder
3 corn-on-the-cobs, shucked and kernels shaved off the cob
400g butternut squash, peeled and diced
400ml coconut milk
5g light brown sugar
200g green beans, blanched
20g coriander, roughly chopped
Some picked mint leaves
1 lime, quartered
7g salt
½ tsp black pepper

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200g jasmine rice, washed
2 tbsp grapeseed oil (or light olive oil)
1 medium onion, finely chopped
10g lemongrass, outer layer removed & finely sliced
20g ginger, grated
2 garlic cloves, minced
1 red chilli, finely chopped
3 tbsp tomato puree (+)
1 tbsp curry powder
3 corn-on-the-cobs, shucked and kernels shaved off the cob
400g butternut squash, peeled and diced
400ml coconut milk
10g light brown sugar (+)
200g green beans, blanched
20g coriander, roughly chopped
Some picked mint leaves
1 lime, quartered
12g salt (+)
1 tsp black pepper

METHOD

1 Cook the rice in boiling salted water, as per pack instructions.

2 Heat the grapeseed oil in a large, heavy-based frying pan and sauté the onion over medium-high heat for 5-7 minutes, stirring frequently, until lightly coloured.

3 Reduce the heat to medium and add the lemongrass, ginger garlic and red chilli to the pan, stir to combine and fry for 2 minutes until fragrant, being careful to ensure the garlic does not burn.

4 Add the tomato puree, stir and fry until the oil is released and just starts to pool at the surface, then add the curry powder and mix through.

5 Carefully add the corn and butternut squash to the sauce, fry to coat for 1-2 minutes and season generously with salt & freshly ground black pepper. Add the coconut milk and 200ml of water. Bring to the boil, reduce to a simmer and cook, covered, for 15-20 minutes until the squash is tender. Remove the lid, stir through the light brown sugar, adjust for seasoning with salt & black pepper, add the green beans and continue to cook for 3-5 minutes over medium heat, so that the beans can warm through and the sauce can reduce and thicken slightly.

6 Remove the curry from the heat and distribute between serving plates atop the cooked rice, garnished with chopped coriander, picked mint & a lime quarter.

