

# DINNERLY



**FAST**

**LOW CALORIE**

## Thai Coconut Veggie Curry with Squash, Snow Peas & Sticky Rice



20-30min



2 Servings

If you have 30 minutes, you have time to make this meal. It comes together faster than it would take to wait for a delivery! We took inspiration from Thai cuisine for this one—using coconut milk and red curry paste to fast-track a rich curry broth in no time. Combined with tender butternut squash, snow peas, and fluffy rice, it's your new go-to, better-than-takeout dinner. We've got you covered!

## WHAT WE SEND

- 5 oz sushi rice
- 1 pkt coconut milk powder<sup>7,15</sup>
- 1 oz fresh ginger
- garlic (use 2 large cloves)
- 1 lb butternut squash
- 4 oz snow peas
- 1 oz pkt Thai red curry paste<sup>6</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil, such as vegetable
- sugar

## TOOLS

- fine-mesh sieve
- small saucepan
- medium skillet

## ALLERGENS

Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 490kcal, Fat 11g, Carbs 89g, Protein 9g



### 1. Cook rice

Rinse **sushi rice** in a fine-mesh sieve until water runs clear. Transfer to a small saucepan with **1 cup water** and **½ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 15 minutes. Remove from heat and cover to keep warm until ready to serve.



### 2. Prep ingredients

Meanwhile, in a liquid measuring cup, whisk together **coconut milk powder** and **1½ cups hot tap water**. Peel and finely chop **2 teaspoons each ginger and garlic**. Cut **butternut squash** into 1-inch pieces. Trim stem ends from **snow peas**, then halve crosswise.



### 3. Brown squash

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **squash** and a **pinch of salt**; cook, stirring occasionally, until well browned all over, 5–7 minutes. Add **chopped garlic and ginger** and **red curry paste**; cook, stirring, 30 seconds. Add **coconut milk**, **1 teaspoon sugar**, and a **generous pinch of salt**; stir, scraping up any browned bits from bottom of skillet.



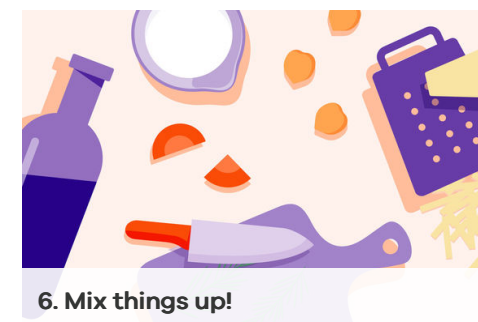
### 4. Simmer curry

Bring **curry sauce** to a boil, then reduce heat to medium. Simmer until **squash** is just tender but not falling apart, and sauce is thickened, about 10 minutes. Add **snow peas**; cook, stirring, until just tender and warmed through, about 2 minutes. Season to taste with **salt** and **pepper**.



### 5. Serve

Fluff **rice**, then serve with **Thai coconut veggie curry** spooned over top. Enjoy!



### 6. Mix things up!

Let's get real: Fried rice is one of the best comfort foods. Make your rice ahead of time (it's best cooked the day before for this preparation) and let it cool completely. Heat a skillet over high with oil. Add rice and fry, pressing down to allow rice to crisp, until the rice is warmed through, 3–4 minutes. Toss with some of the coconut curry sauce until liquid is absorbed.