

Mashed Kabocha with Lemongrass Coconut Curry Sauce and Spicy Green Beans

PREP TIME

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Side dish

10
minutes

INGREDIENTS

DIRECTIONS

COOK TIME



4 cups kabocha, cubed in 1" pieces
1 cup coconut milk
2 tsp. Curry powder (I like Kaiulani Brand)
1 Stalk lemongrass, mashed

2 cups green beans, sliced thin
1 Tbsp. toasted sesame oil
1 Tbsp. coconut, macadamia nut or other light oil
1 Tbsp. Tamari
1 tsp. garlic, minced
2 tsp. ginger, minced
1 chili, ribbed and seeded
sea salt to taste
1-2 Tbsp. Cilantro, minced

Cook Kabocha until soft and mash; adding some cooking water or coconut milk to get desired consistency. Place in serving bowl
In a small skillet, whisk in curry powder, add lemongrass to coconut milk and simmer covered for 5 minutes or so. Add a pinch of salt (to taste) and discard the lemongrass. Drizzle over kabocha. Bring a pot of water to a boil and blanch the green beans to your liking (2-4 minutes). Cool down in ice bath or place in refridgerator for a few minutes. Place in bowl.
Heat the two oils, tamari in a medium skillet and add in the ginger, garlic, and chili and cook lightly until garlic starts to lightly brown. Take out chili. Toss with green beans. Place on top of coconut sauce and garnish with minced cilantro.

15
minutes

YIELD

4
servings