

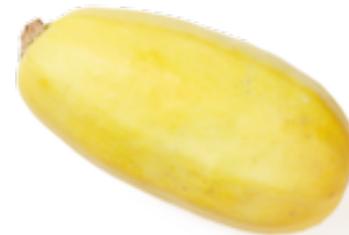
Roasted Squash Curry

with Crispy Mung Beans & Jasmine Rice



In this recipe, veggie curry gets a unique lift from spaghetti squash—oven-roasted, then broken into pasta-like strands with a fork. We're finishing our squash and bok choy in a sauce made with fresh aromatics and two well-balanced pantry ingredients: spicy yellow curry paste and cooling coconut milk. A garnish of dried mung beans brings it all together with exciting crunch.

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1/2 cup Jasmine Rice

1¾ cups Light Coconut Milk

1 Lime

1 Yellow Onion

1 bunch Mint

2 Tbsps Dried Mung Beans

1½ Tbsps Yellow Curry Paste

1 1-Inch Piece Ginger

1 Tbsp Sugar

½ lb Baby Bok Choy

tried-and-true

kitchen tools



11" PFOA-Free CTX Nonstick Pan

By Scanpan

A true stovetop trifecta: nonstick, heavy duty, and environmentally sound. When meal prep requires a delicate touch—think eggs over easy or a seared salmon fillet—our culinary team grabs this even-heating, toxin-free pan. The patented ceramic titanium coating stands up to utensils (yes, even metal!), and best of all, it's easy to clean.



How To: Peel & Mince Ginger

Ginger is a common, aromatic ingredient popular in cuisines throughout the world. Because of its knobby shape, prepping ginger can seem tricky. But simply follow the instructions in this video and you'll be prepping like a pro.

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1 Prepare & roast the squash:

Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce. Using a sharp, sturdy knife, carefully halve the **squash** lengthwise; using a spoon, scoop out and discard the pulp and seeds. Place in a baking dish, cut side up. Drizzle with olive oil and season with salt and pepper; arrange cut side down. Fill the dish with **1/4 inch of water**. Roast 32 to 35 minutes, or until the cut side of the squash is tender when pierced with a fork. Remove from the oven.



While the squash roasts, in a small saucepan, combine the **rice**, **lime leaf**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat. Carefully remove and discard the lime leaf. Fluff the cooked rice with a fork. Cover and set aside in a warm place.



3 Prepare the remaining ingredients:

While the rice cooks, peel and thinly slice the **onion**. Peel and finely chop the **ginger**. Quarter the **lime**. Cut off and discard the root end of the **bok choy**; thinly slice crosswise. Pick the **mint** leaves off the stems; discard the stems.



4 Cook the aromatics:

While the rice continues to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Add the **chopped ginger**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned and fragrant.



To the pan, add the **coconut milk** (shaking the can just before opening), **sugar**, and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly thickened. Turn off the heat and season with salt and pepper to taste.



6 Finish the curry & serve your dish:

When cool enough to handle, using a fork, scrape the flesh of the **roasted squash** into a bowl; separate any clumps. (The result should resemble cooked spaghetti.) Discard the skins. Add the squash and **sliced bok choy** to the pan of **curry**. Cook on medium-high, stirring frequently, 2 to 3 minutes, or until thoroughly combined. Turn off the heat. Stir in **the juice of 2 lime wedges**; season with salt and pepper to taste. Top the **cooked rice** with the finished curry. Garnish with the **mung beans** and **mint leaves** (tearing just before adding). Serve with the **remaining lime wedges** on the side. Enjoy!