



# OUTDOOR COOKING WITH THE BAY

## Butternut Squash Curry

- 1 tbsp vegetable oil**
- 1 can coconut milk**
- 1 can chickpeas (drained)**
- 1 can chopped tomatoes**
- 1 butternut squash (alternative sweet potato)**
- 1 onion**
- 4 portions of frozen spinach (alternative half bag fresh spinach)**
- 2 tbsp curry paste (any flavouring)**

1. Heat in pan 1 tbsp vegetable oil, and add diced onion, and cook until browned.
2. Cut butternut squash in cubes, add to pan with 2 tbsp curry paste.
3. Cook for 5-10 minutes, until softens.
4. Pour in chopped tomatoes and chickpeas.
5. Stir in spinach \*can add foraged nettles here- see top tip!\*
6. Season with salt and pepper to taste.
7. Bring to boil, cover and reduce to a simmer (light bubbling) for around 20 minutes, or until butternut squash is soft.
8. Stir in coconut milk and cook for further 5 minutes.

Serving suggestions: rice, nan bread, chapatti

### FORAGING TOP TIP...

Nettles are edible and a source of vitamin A, C, K and B vitamins.

\*Do not eat anything unless you are 100% confident you can correctly identify it\*

\*\* Avoid nettles if pregnant or those with blood disorders / on blood thinning medication\*\*



Credit: Matthew Roberts

### DID YOU KNOW...

Frozen fruit and vegetables are just as nutritious as fresh produce.

The freezing process locks in all those wonderful nutrients, and is often cheaper!



The Wildlife Trust for  
**Lancashire  
Manchester &  
North Merseyside**

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