



Delicata Squash and Green Beans in a Thai Coconut Sauce

I love delicata squash because the skin is so thin you don't have to peel it. If you can't find delicate squash use peeled butternut squash.

- 1 Tb coconut oil
- 2 cloves garlic
- 1 shallot chopped
- ¼ cup chopped ginger
- 1-2 medium Serrano chills, seeded and minced
- 1 Tb red Chili sauce or to taste (optional Thai Kitchen is a good brand)
- 3 cups delicata squash chopped into 1" cubes
- ½ cup water
- Celtic salt
- 2 cups green beans trimmed and cut into 1 ½" lengths
- 1 cup canned full fat coconut milk (Native Forest is a good brand)
- ¼ tsp black mustard seeds (optional for garnish)

- Heat oil in a large sauté pan on medium
- Add garlic, shallot, ginger and peppers. Sauté 2 minutes on medium low until fragrant. Add chili paste and stir.
- Add squash and ½ cup water cover and steam until the squash is medium tender about 4 minutes
- Bring a separate pot of water to boil. Add the green beans to the pot. Cook 3 minutes until crisp tender
- Add coconut milk and a little salt to the squash
- Bring to a very gentle simmer and immediately turn down to low.

- Add the string beans. Simmer the curry, uncovered until about 5 minutes until the vegetables are tender and the sauce is slightly thickened
- Don't allow the mixture to come to a rolling boil or else it will curdle
- Serve topped with a mustard seeds

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