

THAI PUMPKIN CURRY

Susan Denzer, Chef and Culinary Consultant
Love + Craft Kitchen, LLC
www.loveandcraftkitchen.com



Photo: Love + Craft Kitchen

Thai food is extremely popular and one of my favorites, yet it's often loaded with added sugar. This flavorful recipe is an adaptation of my usual red curry which capitalizes on healthy fats, is gluten-free, and contains a much lower amount of added sugar. And, it features nutrient-rich pumpkin!

Choose a cooking pumpkin, also known as a "pie" or "sugar" pumpkin. There are many varieties such as Autumn Gold, Baby Pam, Cinderella, Fairy Tale, and more. Butternut squash also works well if fresh pumpkin is not available. You will not need an entire pumpkin for this recipe so plan to use the remainder for a delicious soup or any other recipe calling for winter squash!

Ingredient Notes

Look for brands of canned goods that contain low or no added sugar such as -

- canned, unsweetened coconut milk: Thai Kitchen Organic, Chaokoh, 365 Organic, Native Forest
- fish sauce: Red Boat (no added sugar and gluten-free)

Different brands of Thai red curry paste provide more or less spicy heat. Thai Kitchen brand is quite mild, while Mae Ploy is much more flavorful and spicier. If you prefer more mild curry, try using 1 - 1 ½ tablespoons of the paste. For spicier curry, use 1 ½ - 2 tablespoons of curry paste.

Makes: approximately 4 servings

INGREDIENTS

2 tablespoons oil (choose avocado, olive, sesame, canola, peanut, or sunflower)

1 small or ½ large bell pepper (red, yellow or orange), cut into ¼ inch slices

½ small sweet onion, cut into ½" - ¾" slices

1 can (13 -15 ounces) unsweetened coconut milk

½ cup vegetable broth, low or no sodium

1 ½ - 2 tablespoons Thai red curry paste (to taste and spice preference)

1 tablespoon fish sauce or coconut aminos

1 teaspoon lime juice

1 teaspoon honey or molasses

¼ teaspoon nutmeg

12 ounces diced pumpkin, peeled, cut into 1-inch pieces

Choose one protein:

- 1-pound boneless, skinless chicken (thighs or breast), cut into ¼ - ½ inch slices
- 1 pound of extra firm tofu, drained and cut into ½-inch cubes
- 1 pound of any firm white fish - cod, haddock, hake, or other favorite, cut into 1-inch pieces

1 ½ cups lightly packed spinach or baby super greens, washed, patted dry

Handful fresh Thai basil leaves or sweet basil leaves, washed and patted dry

Cooked brown Jasmine rice (hot, ready to serve)

Chopped cashew nuts, optional

DIRECTIONS

1. Heat oil in a large sauté pan or wok over medium-high heat; carefully add the bell pepper and onion when the oil is hot and shimmering. Stir-fry vegetables until tender crisp and lightly brown - about 2-3 minutes. Transfer the vegetables to a bowl or dish and set aside.

2. Reduce the heat to medium, and add the coconut milk, broth, curry paste, fish sauce, lime juice, honey or molasses, and nutmeg to the wok or saute pan. Heat these ingredients to a gentle simmer, cooking for 1 minute, whisking smooth so the curry paste is completely incorporated.

NOTE: Keep the coconut milk at a gentle simmer over medium to medium-low heat; avoid boiling or it may separate.

3. Add the pumpkin, stirring gently to coat, then simmer gently for 8 - 10 minutes, until pumpkin is soft when pierced with a fork or sharp knife but still holds its shape.

4. Add the protein choice (chicken, tofu or fish), stirring gently, then simmer to allow it to cook through. The chicken will take 3 - 5 minutes and the tofu or fish will take 2 - 3 minutes.

4. Add the onions and bell pepper back into the pan, along with the fresh spinach or super greens and the basil. Gently stir, and continue to simmer for another 2 minutes.

5. Remove from heat and serve over cooked rice. Garnish with chopped cashew nuts, if desired.