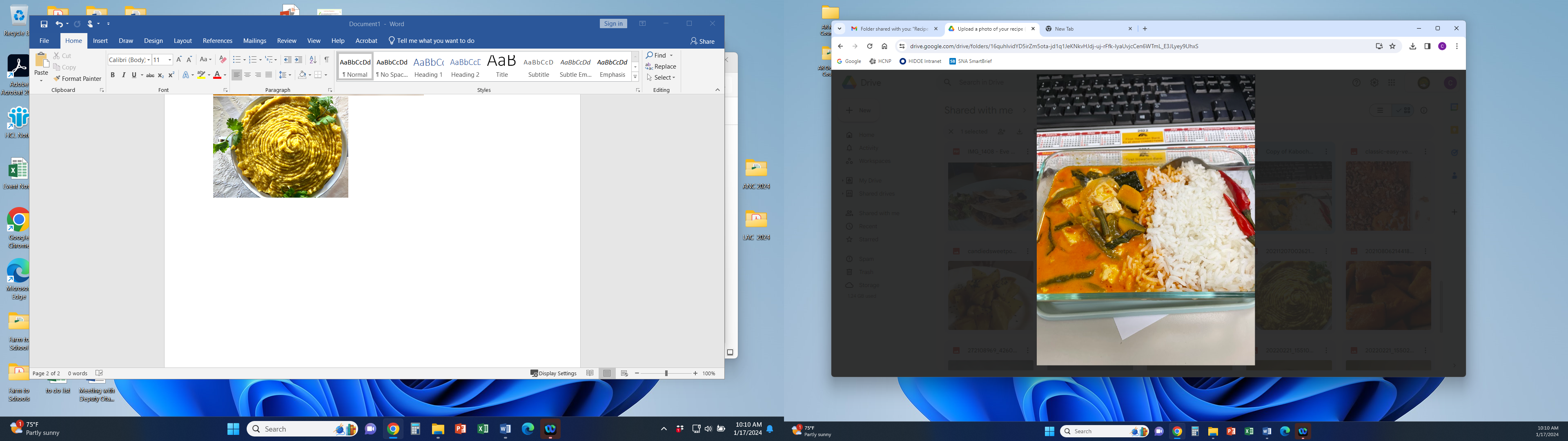
**RECIPE FOR: Kabocha Thai Curry**

**Our Kabocha Thai Curry is prepared from local grown produce. It features garden fresh vegetables from the fields with tender beans, tofu, coconut milk and aromatic flavorful ingredients**



Prep Time: 30 minutes Serving per Recipe: 6

Cooking Time: 36 minutes Serving Size: 10.00 oz.

**Amount Ingredient Preparation**

2 1/4 t. Canola oil ready to use, to cook ingredients

3/4 c. White onion, medium wash, peel, remove root end, thin slice

3 T. Ginger root wash, peel, thin slice (match stick)

3/4 c. (1/2 Lb.) Long beans wash, trim stem end off, cut 2” length,

2 c. Vegetable broth, low sodium ready to use

3 1/2 T. Mild Red curry paste\* ready to use

1 7/8 c. (15.37 oz.) Light coconut milk, low sodium ready to use

3 1/2 c. (1 Lb.) Kabocha squash peel, remove stem/seed, medium dice

1 3/4 c. (14.00 oz.) Tofu, firm ready to use, medium dice

1/2 c. (0.72 oz.) Basil leaves fresh, wash, remove stem, rough chop

2 T. Granulated Sugar ready to use

**Procedures-**

1. Place cut kabocha in pot and steam or simmer in water until fork tender with internal temperature of 135 F/57 C or higher for 15 seconds.
2. Heat skillet pan at medium heat with oil and cook onion until translucent. Then add ginger and continue the cooking process until ginger fragrance appears.
3. Add vegetable broth and red curry paste stirring until well incorporated. Then add long beans and simmer mixture until long beans are tender.
4. Turn skillet pan heat down to low and add coconut milk and kabocha. Carefully stir mixture until well incorporated. Continue the cooking process for another 5 minutes. Then add tofu and carefully stir. Cook the mixture until internal temperature is 135 F/57 C or higher for 15 seconds.
5. Add in the basil and sugar. Stir mixture together until well incorporated.
6. Turn heat off and place mixture into serving dish.

* To decrease spiciness, use less red curry paste.

