



# Hong Kong Squash and Bean Curry

## Ingredients:

3 TBL light oil or ghee  
1 medium onion, chopped  
3 cloves garlic, minced  
1 TBL ginger, minced  
3 TBL Kowloon Curry  
1-1.5 LB squash, peeled, seeded and cubed  
1 cup diced tomatoes por tomato sauce  
1 small apple, cored and cubed (small pieces)  
1+½ cup vegetable stock or water  
1 can black or red beans  
Salt to taste

## For Garnish

Cilantro and scallions

## Instructions:

- 1 - In a pot oven medium heat, add oil or ghee.
- 2 - Sauté onion in the oil until translucent for about 10 minutes.
- 3 - Add ginger and garlic, Sauté for 2 minutes.
- 4 - Add Kowloon Curry, Sauté for 2 minutes.
- 5 - Add squash, tossing for a few minutes so that the pieces are well coated with the curry mixture.
- 6 - Add the tomato, cook for a few minutes.
- 7 - Add apple, cook for a few minutes.
- 8 - Add stock, beans and salt. bring to boil. Reduce heat to a simmer, cover and cook gently for 20-30 minutes or until squash is tender. Adjust seasoning. Add hot water if too thick.

**Spices Used:** Kowloon Curry

**3 (main) | 6 (side) Servings**

**Prep Time: 20 mins**

**Cook Time: 1 hour**