



Hong Kong Squash and Bean Curry

Indulge in the exotic flavours of the East with our Asian-inspired Mild Curry. This delightful creation combines the aromatic trio of onions, garlic, and ginger, blended with rich and warming Kowloon curry spices. Tender pieces of squash, diced tomatoes, and crisp apples are simmered in a fragrant vegetable stock, creating a harmonious medley of textures and tastes.

Hong Kong Squash and Bean Curry

Balanced in its spiciness, this curry is an ideal choice for those who appreciate a milder, more nuanced flavour profile. This is a delicious, light curry which makes a perfect summer meal over basmati rice.

- 3 tbsp Light Oil or Ghee
- 1 medium Onion (chopped)
- 3 cloves Garlic (minced)
- 1 tbsp Ginger (minced)
- 3 tbsp Kowloon Curry
- 1-1 ½ lb Squash (peeled, seeded and cubed)
- 1 cup Diced Tomatoes or 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)

Garnish

- Cilantro and scallions

1. In a pot over 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.

Main Course, Side Dish
Far East & Far West
Kowloon, Squash

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 - Turn on 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