

FARM BOX CURRY

As the nights begin to turn cooler in late summer, you may get the feeling for an autumn or winter-style stew that you have been missing from the rotation of meals throughout the heat of summer. A coconut curry is the perfect go-between for a rich & hearty yet cooling & light dish at the same time- the even better news is just about all this week's produce can go together in a delicious and time saving way!

Ingredients

1 Pound Potato, any variety, 1-inch dice

1 large Onion, roughly chopped

1 medium Eggplant, about 8 ounces, 1-inch dice

1-pound diced Chicken Breast (optional)

¼ Cup Cornstarch

¼ Cup Grapeseed Oil

2 Tablespoons Curry Paste, your favorite variety

¼ Cup Rice Wine or Rice Wine Vinegar

1 large Yellow Squash, about 8 ounces, 1-inch dice

1 small Bell Pepper, diced

1 bunch Malabar Spinach, leaves removed & sliced

2 Cups Vegetable or Chicken Stock, or water

1 x 14 ounce can Coconut Milk

8 each Cherry Tomato, sliced

1 Jalapeno, sliced into rounds

Directions

If using Chicken, coat with 1 Tablespoon curry paste and then 2 Tablespoons of cornstarch and then heat oil in a Dutch oven over medium flame and cook pieces until just starting to become golden colored, about 5 minutes. Transfer into a bowl and keep warm (it will not be cooked through at this stage)

Place eggplant and potatoes into a mixing bowl and coat with cornstarch and salt & pepper and fry in oil until turning golden, about 5 minutes.

Add curry paste & onions and cook for 1 minute, stirring constantly to coat vegetables.

Pour in rice wine and then add squash and bell peppers.

Pour in stock or water and then coconut milk.

Bring to a simmer, reduce heat to medium-low and cook about 15 minutes, stirring occasionally. Curry will thicken slightly but not too much- add water if it gets too thick.

Add spinach and chicken if using, bring back to a simmer and cook for 5 minutes- check that the potatoes are cooked through and adjust seasoning with salt.

Serve as is in bowls, or over steamed rice garnished with slices of jalapeno & tomato.