

# Thai Curry Risotto with Squash and Green Beans

40 minutes

Based on a recipe by Hettie Mckinnon

## Ingredients (serves four)

1 1/2 lb butternut squash peeled and cut into cubes  
5 tbsp of olive oil  
1/2 lb green beans  
2 shallots  
1" piece of ginger  
2 cups Arborio rice  
3 cloves garlic  
1/4 cup red Thai curry paste  
1 (14 ounce) can coconut milk  
2 lime leaves  
1 lime  
1/3 cup chopped cilantro or Thai basil  
4 1/2 cups water  
Salt and pepper



## Instructions

1. Preheat oven to 400 degrees. Peel and cut butternut squash into 1" cubes and place on pan. Drizzle with olive oil, season with salt and pepper. Toss and roast for 25 min or until squash is golden and tender.
2. Grate garlic and ginger and set aside. Finely chop shallots.
3. Heat a large heavy bottomed pan or Dutch oven over medium heat. Add 2 tbsp of olive oil and shallots and cook until softened (2 minutes). Add ginger, garlic and rice, stirring to coat well in oil and cook for 2 minutes. Add curry paste and cook for another minute before adding the water. Increase heat to bring to a boil then reduce to simmer for 10 minutes.
4. Meanwhile trim beans, toss in oil, salt and pepper and add to butternut squash pan in the oven. Roast for an additional 8-10 minutes.
5. Add coconut milk and lime leaves to risotto and stir until rice is creamy (about 3 minutes). Remove from heat, add the juice of 1/2 a lime, reserving the other half for serving in wedges alongside.
6. Portion rice onto 4 separate plates, top with butternut squash, green beans and cilantro or Thai basil and serve. Enjoy!

Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>