

What's in the Bag

1 carnival squash
1 jalapeño
1 small yellow onion
1 small bunch of cilantro
1 lb of mixed mushrooms
1 (16 oz) can of coconut milk
2 cloves garlic
1 container seasoning (1/2 tsp black mustard seeds, 1/2 tsp cumin seeds, curry leaves)
1 packet spices (1 tsp ground coriander, pinch of cayenne, 1/2 tsp turmeric)
1 lime

What's Not

Salt and pepper
High heat oil for cooking (avocado, grape seed, sunflower)