



ROYAL
VOLUNTARY
SERVICE

BUTTERNUT SQUASH CURRY AND VEGETABLE BIRYANI

by Alison Crouch

Ingredients

For the butternut squash curry:

- 1 onion, diced
- 2 cloves garlic, crushed
- ½ red chilli, finely diced
- 2 tbsp oil
- 1 tbsp red curry paste
- ½ butternut squash, peeled and chopped into small bite-size chunks
- ½ carrot diced
- ½ red pepper, diced
- 125ml coconut milk
- 1 tbsp soy sauce
- Pinch of sugar
- ½ tin chick peas
- Zest of 1 lime
- A handful of basil leaves
- Salt and pepper

For the vegetable biryani:

- 1 tbsp vegetable oil
- 1 onion, diced
- 1 clove garlic, crushed
- 4 mushrooms, sliced
- ½ carrot, diced small
- 1 red pepper, diced
- 1 courgette, diced
- 3 cauliflower florets
- 1 tbsp curry powder
- 175g long grain rice
- 350ml water
- 1 vegetable stock cube
- 100g frozen peas
- Salt and pepper

Method for the butternut squash curry

1. Fry the onion, garlic and chilli in the oil for three to four minutes until softened
2. Add in the curry paste and the vegetables. Fry for a few more minutes
3. Stir in the coconut milk and soy sauce. Add the sugar
4. Simmer for 10 minutes until the vegetables are cooked

5. Once all vegetables are cooked to your liking, add the lime zest
6. Turn off the heat and add the basil leaves

Method for the vegetable biryani

1. Put the oil in a large pan
2. Fry the onion and garlic for two minutes until soft.
3. Stir in the vegetables and fry for two minutes.
4. Add the curry powder and stir in the rice.
5. Pour on the water and crumble in the stock cube.
6. Stir well and bring to the boil.
7. Stir, place on the lid and cook on a low heat for 15 minutes.
8. Stir from time to time to avoid sticking, add more water if needed.
9. Stir in the peas and season to taste

Serve the curry with the rice and enjoy!



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