



TEEN BATTLE CHEF



THAI GREEN CURRY WITH SQUASH



20 mins



30 mins



14 tasting servings



- 2 tablespoons** Vegetable Oil
- 1 large** Onion, diced small
- 2 cloves** Garlic, minced
- 1 large** Delicata or Butternut Squash, peeled and cubed
- 1 large** Potato, peeled and cubed
- 2** Bell Peppers any color, diced
- 6 ounces** Mushrooms (any variety), sliced
- 1 head** Broccoli Crowns, 2 inch pieces
- 1, 19 ounce can** Bamboo Shoots, drained
- 1, 13 ounce can** Coconut Milk
- ½ cup** Mild Green Curry Paste (like Roland)
- 3-4 cups** Vegetable Broth
- 2 whole** Kaffir Lime Leaves
- 10** Thai Basil Leaves, sliced very thin
- 1 teaspoon** Sugar (any variety)
- 1-3 tablespoon** Tamarind Juice
- 2 cups** Uncooked Jasmine Rice

COOKING DIRECTIONS

1. **COOK** the rice; follow directions on package and set aside.
2. **HEAT** a large saucepan with the oil. **SAUTÉ** onions until translucent. **ADD** garlic and **COOK** for 30 seconds.
3. **ADD** mushrooms, **COOK** for 5 minutes until juices flow.
4. **ADD** 4 tbsp of curry paste and coconut milk. **MIX** thoroughly. Can **ADD** more curry at the end if needed.
5. **POUR** in broth, add broccoli, bamboo shoots, peppers, kaffir lime leaves, and boil. **ADD** potatoes and **COOK** for 7 minutes.
6. **ADD** selected squash, cook for 3 - 5 minutes. **SEASON** with sugar and 1 tablespoon of tamarind juice, then **STIR** in basil.
7. **TASTE** using tasting spoons. **ADJUST** with salt, more sugar, tamarind juice and curry if needed. **SERVE** with jasmine rice, garnish with more basil.



EQUIPMENT NEEDED



- Large Pot with Lid
- Chef Knives
- Cutting Boards + Paper Towels
- Measuring Spoons & Cups
- Vegetable Peeler
- Can Opener
- Large Serving Spoon
- Tasting Spoons
- Colander
- Mise en Place Bowls



- Serving Bowls
- Spoons
- Napkins

SEASONAL INGREDIENT SUBSTITUTIONS

Using seasonal ingredients not only enhances flavor and freshness but also supports local farmers. They provide the best taste and nutrition when they're at their peak. If you can't find them, don't worry! You can always use similar ingredients to keep the dish's essence intact.



Fall

Swiss Chard, Leeks, Acorn or Butternut Squash



Winter

Broccoli, Green Cabbage



Spring

Asparagus, Snap Peas



Summer

Bok Choy, Spinach, Carrots



CULTURAL FACTS: CURRIES

Curry originated in India around 2500 BC, made with turmeric, ginger, and garlic. • Over centuries it spread across trade routes, adapting to local ingredients and cultures. • Today, curry is a global staple, from fiery Caribbean stews to mild Japanese comfort food – it's even a national dish in the United Kingdom!



- **Caribbean Curry:** Indian-influenced goat, chicken, and seafood curries with thyme, allspice, and Scotch bonnet peppers.
- **Indian Curry:** Northern dishes feature buttery gravies; southern curries use tamarind, coconut milk, and chilies.
- **Southeast Asian Curries:** Thai green, red, and yellow curries use coconut milk and herbs; Malaysian and Indonesian versions add peanuts and galangal.
- **African Curry:** Durban curry in South Africa is chili-rich with cardamom and cinnamon; East African styles mix Indian spices with local grains and vegetables.

NUTRITION FACTS

- **CARBS** for fast energy = jasmine rice, delicata or butternut squash, potato, sugar, bamboo shoots
 - **FIBER** for digestion, lower cholesterol, and fullness = squash, potato, broccoli, bell peppers, mushrooms, bamboo shoots
- **PROTEIN** for building body tissues and energy = broccoli, mushrooms, coconut milk
- **FAT** for long-lasting energy and fullness = coconut milk, vegetable oil
- **VITAMINS & MINERALS** for immune health and metabolism = bell peppers, broccoli, squash, basil, garlic, onion, tamarind juice
 - **IRON** for oxygen transport and energy metabolism = broccoli, mushrooms, basil
- **ANTIOXIDANTS** for cell protection and reduced inflammation = green curry paste, basil, garlic, onion, bell peppers