

## Vegan Butternut Squash Moqueca

### Serves 1

300g of Butternut Squash  
1 Inch of Grated Ginger  
3 Minced Garlic Cloves  
1 Red or White Onion  
Handful of Chopped Cherry Tomatoes  
Coconut Milk  
Lime  
Scotch Bonnet or Red Chilli  
Himalayan Pink Salt  
1 tsp White Pepper

1. Start off by washing the fresh produce and chop them all up. Mince the garlic cloves and grate the ginger.
2. In a medium size pot, on medium heat, put in your oil of choice and begin to sauté the onions followed by the garlic, ginger and tomato. Cook until soft.
3. Add in a squeeze of half of a lime and then add in the coconut milk, the seasonings, and the chopped butternut squash.
4. Bring to a boil and then down to a simmer cook until the butternut squash is soft or al dente.
5. Serve with fried plantain, quinoa, and any green salad.

This beautiful dish can be served with fried tofu to make it Tofu Moqueca, vegetable stock for a more flavour packed dish and coriander leaves. Enjoy.



*Sarah*

Author: Abigail Christine Israel IUIIC London UK  
Edits: Tehila Israel IUIIC Los Angeles  
Approval: Yoshabel Israel H.O Officer Jonah