

DCNS – OCTOBER RECIPE – ZUCCHINI, SWEET POTATO, SQUASH MEDLEY

Cooking Time: Approximately 30 minutes

Prep Time: 40 minutes

Servings: 3 - 4

Ingredients:

- 1 ½ cups frozen salad shrimp (deveined, cleaned, no tail)
- 1 raw sweet potato, raw peeled, chunked (1 c)
- 1 medium butternut squash, raw, peeled, seeds removed, chunked (1 c)
- 1 yellow zucchini, chunked (1 c)
- 1 green zucchini, chunked (1 c)
- 1 medium bell pepper diced (½ c)
- 1 medium white onion – chopped (1/2 c)
- 1 medium, fresh tomato cut into 6 wedges (set aside as a garnish)
- 3 cloves fresh garlic (minced)



Seasonings:

- 3 tbsp curry powder
- 1 ½ tbsp Gochujang (Korean hot sauce)
- 1 Golden Curry seasoning cube (mild, medium, or hot)

Instructions:

Prep-

1. Place 1 cup of raw, prepared sweet potato into a microwave safe container. Add 1 cup butternut squash and ½ cup water and heat in microwave until soft. (about 2 minutes) Set aside.
2. Pour 1 c water hot into a separate glass bowl, add curry, stirring until completely dissolved.
3. Prepare zucchini, bell pepper, onion and garlic.

Cook-

4. Pour 3 tablespoons of oil in the bottom of a large saucepan and heat until sizzling.
5. Add bell pepper, onions and garlic to the saucepan and stir until onions are soft.
6. Pour sweet potatoes, butternut squash the water into the saucepan and stir.
7. Pour curry mixture into saucepan and stir, cooking on low for 2 to 3 minutes.
8. Add remaining seasonings to curry mixture and pour all ingredients into saucepan. Heat 2-3 minutes.
7. Add 16 oz package of frozen shrimp to pan and cook on high heat for 3 minutes or until done.
8. Remove pan from heat and serve spooned over rice, garnish with tomato wedges.

Nutrition Facts:

Carbohydrates 96.9g	Sugar 1	Fats 1.0	Protein 22.7g	Calories 538.5	Sodium 330.75 mg
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Serving Suggestions: Serve with side dishes such as: Kimchi or pickled radish,