


## Caribbean-Style Cashew Curry with Chickpeas & Squash over Coconut Rice

Fusion flavors unite! This tropical spin on a vegetarian curry pairs fluffy, aromatic coconut rice with a rich and flavorful cashew curry, including zucchini, chickpeas, and corn. Elevate your plate with freshly-chopped cilantro and a generous squeeze of lime!

### Ingredients

- Garbanzo beans
- Zucchini
- Ground tomato puree
- Malabar curry sauce **T**
- Cashew cream **T**
- Corn & black beans
- Lime
- Cilantro
- Coconut basmati rice **S T**
- Serrano pepper 
- Fennel

### Allergens

- S** Soy    **T** Tree nuts

### Supplies to Gather

- Nonstick saute pan (10 inches or larger)
- Kitchen knife & cutting board
- Microwave-safe bowl
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil

### Did You Know?

Cashews are actually the seeds of a larger fruit known as the cashew apple. While the apple is typically used for its sweet juice and pulp, the seed portion is cultivated into the delicious nut we are so fond of.



730

Calories  
Per Serving



Global  
Flavor



Mild





### Step 1

- Rinse and pat dry your fresh produce.
- Dice the **zucchini** into bite-size pieces.
- Trim the top and bottom from the **fennel**. Then quarter the fennel and dice into 1-inch pieces.
- Cut the **lime** into wedges.
- Roughly chop the **cilantro**.
- For a spicier dish, thinly slice the **serrano pepper**.



### Step 2

- Place a nonstick saute pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** add the diced **zucchini** and **fennel**. Cook for 3-4 min, stirring occasionally, until the fennel is soft and almost translucent.
- Stir in the **corn** and **black beans** and the **garbanzo beans** and cook for 1 min. Season well with salt and pepper.



### Step 3

- Add the **ground tomato puree** and bring to a simmer. Cook for 2-3 min, stirring often, until the puree is thickened and dark.
- Stir in the **Malabar curry sauce** and bring to a simmer. Add the **cashew cream** and stir until dissolved into the sauce. Cook for 2-3 additional min, until the vegetables are tender and the curry is slightly thickened. Season to taste with salt and pepper. **Turn off the heat.**



### Step 4

- Meanwhile, add the **coconut basmati rice** to a microwave-safe bowl, cover with a damp paper towel, and microwave for 90 sec. Stir, then microwave for 60 additional sec.



### Let's Plate!

Spoon the basmati rice into one side of shallow serving bowls. Spoon the Caribbean cashew curry alongside the rice. Finish as desired with cilantro, a squeeze of lime juice, and the sliced serrano pepper, if using.

### ► Please Note:

Cooking times may vary due to different appliances and temperatures. **Adjust cooking times accordingly.**

When adding ingredients to a hot pan **always be careful of any oil splatter.**