



# Pumpkin Curry

SERVES:

## INGREDIENTS:

- 1kg pumpkin cut into equal sized chunks
- 4 tbsp canola oil
- 2 tsp black mustard seeds
- 2 small red onion, finely chopped
- 6 garlic cloves, finely chopped
- 2 tbsp finely grated ginger
- 2 tsp ground cumin
- 1 hot red chilli, sliced
- ½ tsp hot chilli powder
- 3 tsp garam masala
- 3 tsp ground coriander
- 2 tsp turmeric
- 2 tsp cinnamon
- 2 tbsp maple syrup
- 2 cans coconut milk
- 1 can chopped tomatoes
- 2 tsp salt
- A handful of coriander, stalks chopped \* + leaves for serving
- Lime wedges, to serve



## METHOD:

1. Heat up oil on a medium heat, in a heavy bottom pan. Once the oil is hot, add mustard seeds and wait until they start popping, stirring from time to time. Wait another minute before adding onion.
2. Add chopped onion, cook gently for a few minutes.
3. Add, garlic, ginger, fresh chilli and chopped coriander stalks. Cook for 2 minutes stirring frequently so that ginger does not stick to the pan.
4. Now add all the ground spices and 1 tsp of salt. Reduce the heat to low and coat everything in the pot in spices. Stir frequently, cook for 1-2 minutes until all spices are fragrant.
5. Add chopped tomatoes and ½ cup of water. Cook for 2 minutes until tomatoes become mushy.
6. Add coconut milk and pumpkin. Let everything come to a gentle boil, simmer covered until pumpkin is tender.
7. Taste and adjust spices if needed and add maple syrup if required.
8. Serve with coriander leaves and basmati rice or a roti