

Pumpkin and kidney bean curry



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Prep Time 15 mins

Cook Time 20 mins

Serves 4

	Ingredients	Method
1	300g pumpkin 1 large onion	First, finely dice 1 large onion, put a little oil in a medium pan and start cooking the onions with a pinch of salt. Sweat the onions slowly over a low heat for at least 10 minutes. Prep your pumpkin by removing the seeds and skin and chopping it into 1 cm chunks. Drizzle with oil and roast in the oven for 15 minutes
2	3 to 4 garlic cloves – medium-sized 1 inch ginger 1 to 2 green chillies	Make the crushed ginger, garlic and green chilli paste in a pestle and mortar or just chop everything finely.
3	2 tablespoons butter 1 teaspoon Coriander Powder ¼ teaspoon Red Chili Powder ¼ teaspoon turmeric powder ½ teaspoon cumin seeds ¼ teaspoon Garam Masala	Add 2 tablespoons of butter to the sweated onions and let it melt Add ½ teaspoon cumin seeds first and sauté until they start to pop Lower the heat and add the crushed ginger, garlic and chilli paste. Stir and sauté for 30 seconds on a low heat or until the aroma of raw ginger and garlic goes away. Next add all the spice powders and cook for 30 seconds.
	1 tin of tomatoes	Add the tomatoes and cook until the tomatoes on a medium heat until they become slightly reduced.

	Ingredients	Method
	1 can or jar of kidney beans	Add the beans, if using a jar then include the juice, if using a can strain and add without the liquid. On a low to medium-low heat, simmer without a lid for 10 to 12 minutes or more until the curry thickens slightly. The curry should not be watery. Mash a few kidney beans with the back of your spoon. This helps to thicken the consistency. Stir through the roasted pumpkin at this stage.
		Once the curry has thickened, season with salt to taste. Take it off the heat and serve with rice or roti, you can garnish it with a little coriander if you like.



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