

Pumpkin and Chickpea Coconut Curry

Serves: 6

Prep time: 10 minutes

Cook time: 20 minutes



3 serves per portion

Ingredients

2 tablespoons sunflower oil
1 large brown onion, chopped
4cm piece fresh ginger, grated
4 garlic cloves, crushed
2 tablespoons yellow curry paste
2 x 400g cans chickpeas, drained and rinsed
400mL can coconut milk
2 cups cooked pumpkin, mashed
1 cup vegetable stock, salt reduced
2 limes, juiced
 $\frac{3}{4}$ cup fresh coriander leaves, chopped

Method

HEAT oil in large pan over medium heat.

ADD onion, ginger, garlic and curry paste. Stir until aromatic, around 2 minutes.

STIR in chickpeas, coconut milk, pumpkin and vegetable stock. Do not allow to boil, just slow simmer until heated through.

ADD lime juice to taste and serve with sprinkle of coriander.



Everyday Food

Recipe courtesy of the Country Kitchens team