

# Pumpkin & Chickpea Curry

Serves: 4 | Gluten Free | Vegetarian | Mains



## INGREDIENTS

1 pumpkin (roughly 900g)  
 4 cm piece of ginger  
 4 shallots or 1 brown onion  
 4 cloves of garlic  
 1 fresh red chilli  
 1 bunch fresh coriander  
 1 tbsp grass fed ghee  
 1 tsp mustard seeds  
 20 curry leaves  
 1 tsp turmeric  
 1 x 400 g tin of chopped tomatoes  
 2 x 400 g tins of coconut milk  
 2 x 400 g tins of chickpeas

## METHOD

1. Chop the pumpkin into 3cm cubes and cut the ginger into matchsticks. Pick the coriander leaves and finely chop the stalks.
2. Heat the ghee (or olive oil) in a large casserole dish.
3. Sauté shallots or onion, garlic, ginger & chilli until golden, stirring occasionally.
4. Add the mustard seeds, curry leaves, and coriander stalks and fry until the curry leaves go crispy.
5. Add the turmeric, tomatoes and coconut milk. Bring to the boil, then add the pumpkin and chickpeas.
6. Reduce to a low heat, cover with a lid and simmer for 45 mins. Check occasionally and add a splash of water if needed.
7. Take the lid off and cook for a further 15 mins or so until the sauce is lovely and thick.
8. Serve with rice and top with coriander leaves.

### *The perfect winter warmer*

This warming curry not only has onion, garlic, ginger and turmeric - nature's antivirals, but also pumpkin which is high in beta carotene which converts to vitamin A in the body and is used to heal and maintain the integrity of mucous membranes, one of the first barriers in the body's immune defence.