Pumpkin Curry





Ingredients:

- about 600 g **Pumpkin** or **Butternut Squash**, cut into equal size cubes
- 2 tbsp **Rapeseed / Canola Oil**
- 1 tsp **Black Mustard Seeds**
- 1 small **Red Onion**, finely chopped
- 4 **Garlic cloves**, finely chopped
- 4 tsp finely grated **Ginger**
- 1 tsp **Ground Cumin**
- ½-1 hot **Red Chilli**, sliced
- ¼ tsp hot **Chilli Powder**
- 1½ tsp **Garam Masala**
- 1½ tsp **Ground Coriander**
- 1 tsp **Turmeric**
- 1 tsp **Cinnamon**
- 1-2 tsp **Maple Syrup**
- a handful of **Coriander**, stalks chopped* + leaves for serving
- 2 cups / 1 tin **full-fat Coconut Milk**
- ½ tin chopped **Tomatoes** / 1 large **Tomato** (peeled and chopped)
- about 1¼ tsp fine **Sea Salt**
- **Lime** wedges, to serve
- handful of **Cashews**, lightly toasted (to serve)

METHOD

1. **Optional Step**: If you prefer your **pumpkin** caramelised, instead of cooking it in the curry sauce, roast it in the oven, drizzled with **olive oil**, sprinkled with some **salt** and baked on a baking tray in a 200° C / 390° F oven for about 30 mins.
2. 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**.
3. Add chopped **onion**, sweat it gently, stirring from time to time until it gets almost soft.
4. Add **garlic**, **ginger**, fresh **chilli** and chopped **coriander stalks***. Cook for 2 minutes stirring frequently so that ginger does not stick to the pan.

5. 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.
6. Add **chopped tomatoes** and ¼ cup / 60 ml of **water**. Cook for 2 minutes until tomatoes become mushy.
7. Add **coconut milk** and **pumpkin** and let everything come to a gentle boil. Simmer covered until pumpkin is tender. If you've roasted the pumpkin, simmer the sauce for about 10 minutes.
8. Taste and adjust spicing if needed, possibly adding a bit more salt, and add 2 teaspoons of **maple syrup**.
9. Serve with **coriander leaves** and chopped **cashews** on top, with basmati rice, a roti and/or a side of spicy coconut kale.

NOTES:

* You can leave coriander stalks whole and remove them before serving the curry or chop them up finely and leave them in.

As with most curries and stews, the flavours of this dish benefit from being made a day ahead.