

# Pumpkin, Chickpea & Spinach Curry

Serves 6 -8 as a main dish

*Suitable for – gluten, dairy/lactose, nut, soy & seafood free diets. Vegetarian/vegan friendly*

## Ingredients

- 3 tablespoons of your choice of ghee, coconut oil or preferred oil
- 1 small pumpkin, approx 2kg, skin and seeds removed, chopped into 2-3cm cubes
- 3 brown onions, chopped
- 2-3 tablespoons mild curry powder
- 2 tablespoons mustard seeds
- 1 tablespoon ground turmeric
- 10 cardamon pods
- 4 lemongrass stalks, cut in half and then hit with a meat mallet a couple of times to soften up
- 4 garlic cloves, crushed
- 2 tablespoons crushed ginger
- 2 tablespoons red chilli, crushed
- 500ml (2 cups) stock, I used chicken stock because I had some freshly made, but use vegetable stock if making vegetarian/vegan
- 2 x 400g cans of chickpeas (or called garbanzo beans)
- 1 x 400g can coconut cream
- 1 bunch spinach, thinly sliced (I used english spinach, because I had it in the fridge, could use baby spinach leaves too)
- salt and pepper to taste
- 2 limes, cut into wedges, to squeeze over
- Coriander & mint leaves to garnish

## Method

1. Heat ghee, coconut oil or oil of choice on the stove, in a heavy based casserole pot on a medium heat. Add the dry spices and stir for approx 1 -2 minutes until aromatic, but don't let them burn. The mustard seeds will pop, that's what you want. Add the onion and the pumpkin and stir through to coat with spice mix, and then add the stock liquid and stir.
2. Add the lemongrass, garlic, ginger and chilli and stir. Simmer over a medium heat with the lid on until the pumpkin is softened. Add the chickpeas and simmer for a further 5 minutes.
3. Add the coconut cream and spinach and stir through until the spinach has wilted. Add the juice of one of the limes, and then season to taste. If you like a hotter curry, add more chilli to taste. Remove the lemongrass sticks before serving.
4. Serve with lime wedge and topped with fresh coriander and mint leaves