

PUMPKIN CURRY



Preparation Time: 20 min.

Cook Time: 10 min.

Ingredients (makes 4-5 servings):

- ½ small pumpkin (peeled, unseeded, & cubed)
- 1 small yam (peeled & cubed)
- 1-2 medium carrots (cut into thick slices)
- 1 yellow bell pepper (cut into bite-size pieces)
- 1 C cherry tomatoes
- 1 C drained chickpeas
- 2 Tbsp grated orange rind
- ½ sliced purple onion
- 3-4 cloves garlic, chopped
- 1-2 fresh red chilies (unseeded & chopped)
- 3 Tbsp curry powder (OR 1 Tbsp ground coriander seeds, 1 Tbsp ground cumin, & 1 tsp ground fennel seed)
- 2 Tbsp salad oil
- Salt

Curry Sauce:

- 1 can coconut milk
- 2 Tbsp soy sauce
- 1 Tbsp brown sugar
- ½ tsp turmeric
- Juice of 1 medium orange
- 1/3 Tbsp rice or apple cider vinegar
- 1 tsp tamarind paste (OR 1 Tbsp lime juice)

Directions:

1. Sauté purple onion, garlic, red chilies, and curry powder with salad oil, stirring for 1 minute to mix together.

2. Add cubed pumpkin, yam, and carrots, cooking for 6-8 minutes or until tender.
 3. Toss in the rest of the curry sauce ingredients. Bring to a boil.
 4. Add in the yellow bell pepper, cherry tomatoes, chick peas, and orange rind, stirring to incorporate. Simmer for 2 more minutes.
 5. Add salt and brown sugar to taste.
- Garnish with fresh parsley and serve.