

pumpkin and lentil curry

Equipment:

Bowl, scales, measuring cup and spoons, wooden stirrer, chopping board, knife, diffuser, large pot with lid

Ingredients:

a good glug of vegetable oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tspn cumin seeds
1 tspn mustard seeds
small knob ginger, finely grated (approx 1 tspn)
½ tspn ground turmeric
½ tspn ground coriander
1 chilli (amount as desired), deseeded and chopped
1 cup tomato pasatta OR chopped tomatoes
½ cups red lentils, rinsed and drained
300 gms pumpkin, peeled, deseeded and chopped into 1cm pieces
2 cups warm/hot water (or thereabouts)
10 stalks coriander leaves, chopped
salt to taste

Method:

Wash all vegetables and herbs.

Heat oil in pot and stir in mustard and cumin seeds.

Add the onion, garlic and ginger and stir for a few minutes.

Stir in the turmeric and ground coriander, cook for 30 seconds, then add the chilli, tomato pasatta, lentils and chopped pumpkin.

Stir well, mix in water then cover, bring to boil, and simmer for 15-20 minutes or until the pumpkin is tender. While it is cooking, stir through half the coriander, and a little rock salt.

Check for taste, and add more salt as necessary.

Serve, then sprinkle with remaining coriander.