



PUMPKIN, KUMARA AND CHICKPEA CURRY WITH CARROT RAITA

Season:	Winter
From the garden:	Pumpkin, kumara, coriander, carrot
Type:	Medium
Difficulty:	Dinner
Country of origin:	India
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knives
- *large saucepan with lid
- *measuring cups and spoons
- *colander
- *wooden spoon
- *bowls
- *grater
- *food processor
- *spatula

Ingredients for curry:

- *700g pumpkin
- *700g kumara
- *1 can chickpeas
- *1 can coconut cream
- *400g tomatoes (fresh, frozen or tinned)
- *1 onion
- *2 clove garlic
- *2 cm piece fresh ginger
- *2 tsp each of ground cumin, coriander and garam marsala
- *1 ½ tsp each of ground paprika, turmeric, salt and sugar
- *½ tsp chilli powder
- *2 tbsp tomato paste
- *⅓ cup plain yogurt
- *oil for cooking
- *bunch of coriander

For carrot raita:

***2 medium carrots**

***1 cup plain yogurt**

***pinch of cumin**

***juice of half a lemon**

***salt to taste**

Method

1.for the curry: wash and peel kumara

2.remove seeds from the pumpkin and peel

3.chop the pumpkin and kumara into approximately 2cm by 2cm cubes

4. peel and chop the onion and garlic

5.measure out the spices into a small bowl and grate the ginger

6.add a little bit of oil into the saucepan and cook the onions and garlic

7.add the spices and ginger into the saucepan

8.add tomatoes and tomato paste and let the curry paste cook over a low heat for around 10 minutes

9.transfer the paste into a food processor and blend till smooth

10.return the paste to the saucepan and add the coconut cream, rinsed chickpeas, pumpkin and kumara

11.let the curry simmer till the pumpkin and kumara are soft

12.add the yogurt just before serving and garnish with fresh coriander

13.for the raita, grate the carrot and mix with the yogurt, lemon juice, salt and cumin

14.chill in the fridge till needed

Notes: This is a vegan version of butter chicken (replace yogurt with coconut version or leave it out). To make regular butter chicken, replace veggies with chicken and add one cup of cream instead of coconut cream.

Skills: *measuring, chopping, frying, grating, using a food processor*

