

Pumpkin and vegetable curry

- 2 tbsp olive oil
- 600g pumpkin, diced
- 4 cm piece of ginger, grated
- ½ onion, fine dice
- 4 cloves of garlic, crushed
- 1 fresh red chilli, finely sliced
- 1 teaspoon mustard seeds
- 20 curry leaves
- 1 tsp turmeric, ground
- 400g chopped tomatoes
- 400g light coconut milk
- 400g chickpeas, canned
- 120g eggplant, diced
- 80g okra, sliced
- pinch salt and pepper
- 100g coconut yoghurt
- 800g brown rice, steamed



1. Heat olive oil into a large saucepan and place on a medium heat. Add the ginger, garlic, red chilli and onion. Cook until golden, stirring occasionally, then add the mustard seeds, curry leaves, and fry until the curry leaves go crispy.
2. Add the turmeric, tomatoes and coconut milk. Bring to the boil, then add the pumpkin and chickpeas.
3. Reduce to a low heat, cover with a lid and simmer for 25 minutes. Add extra water if it reduces too quickly.
4. Add eggplant and okra and cook for an additional 10 minutes, or until all vegetables are softened.
5. Remove the lid and simmer for a further 10 minutes or so until the sauce thickens.
6. Serve with a dollop of coconut yoghurt, coriander leaves and steamed.

Accompany with sautéed greens beans.

Serves 4.