

Pumpkin and Chickpea Curry (no oil)

Source: modified from <https://www.sbs.com.au/food/the-cook-up-with-adam-liaw/recipe/chickpea-and-pumpkin-curry/>

From the garden Tuscan kale, celery, parsley silverbeet, Pumpkin garlic onions, tomato passata, green beans

<u>Equipment</u>	<u>Ingredients</u>
3 large bowls 4 small bowls 2 large plates chopping boards knives – 1 small, 2 large grater x 2 tablespoon, teaspoons and measuring cups Can opener Large stirring spoons Large stock pot Serving spoon	<ul style="list-style-type: none"> • 1 brown onion , diced • 2 garlic cloves , finely minced • 1 tsp garam masala • ½ tsp ground turmeric • ½ tsp ground cumin • 6 fresh curry leaves • 3 cm piece ginger, finely grated • 6 celery stems • 10 Tuscan kale leaves • 10 Silverbeet leaves • Parsley • 1.8kg pumpkin, peeled, deseeded then chopped into 3cm chunks • Green beans (defrosted) • 2 cups tomato passata • 1 x 400 g can chickpeas, drained and rinsed

What to do

- Cut into pumpkin into wedges. Deseed and peel. Cut into 3cm pieces.
- Peel onions, and chop into small pieces.
- Finely mince 2 garlic cloves.
- Wash and chop celery into small pieces. Keep celery leaves for garnish.
- Chop celery leaves and parsley into small pieces. Add to bowl to be used to garnish curry.
- Chop green beans into small pieces.
- Heat large heavy based pot over medium heat.
- Add onion and garlic, cook for 2 minutes until soft.
- Measure out 1 tsp garam masala, ½ tsp ground turmeric, ½ tsp ground cumin
- Count out 6 curry leaves
- Grate ginger
- Add the spices, curry leaves and ginger and cook for 30 seconds and until fragrant.
- Add the celery and cook for 2 minutes.
- Add the pumpkin and the remaining tomato passata and simmer until the pumpkin softens.
- Reduce the heat to low, add extra 1 cup tomato passata.
- Drain and rinse the chickpeas. Add to curry and simmer for 10 minutes.

- Stir in the green beans. Stir in the greens and cook until wilted.
- Simmer curry until pumpkin is cooked.
- Dish the Pumpkin Curry into small bowls. Serve with Indian Flatbread
- Enjoy!