

## TASTE WITHOUT WASTE

### Sri Lankan Coconut Pumpkin Curry

Serves 4-6

#### Ingredients

2 tbsp sunflower oil  
500g butternut squash, peeled, deseeded & cut into 2cm chunks  
1 large red chilli, deseeded & finely chopped  
1 onion, finely chopped  
5cm piece ginger, peeled & grated  
3 garlic cloves, peeled & finely chopped  
1 lemongrass stalk, trimmed & finely chopped  
Juice of 1 lime  
400ml can lite coconut milk  
500ml vegetable stock  
1 head broccoli, cut into florets  
½ large red capsicum, cut into 2cm by 4cm pieces  
1 zucchini, cut into thin half moons  
400g can chickpeas, drained & rinsed  
Sea salt  
Freshly ground black pepper

#### Method

Heat the oil in a large saucepan over medium heat. When shimmering add the pumpkin and cook for 10 minutes, stirring occasionally, until caramelised. Toss in the chilli and cook, stirring, for one minute. Add the onion, ginger, garlic & lemongrass and cook, stirring, for one minute. Add the lime juice and cook, stirring, for one minute.

Pour in a splash of coconut milk and wait until the pumpkin 'absorbs' it before adding the remainder, along with the vegetable stock. Bring to the boil, then reduce to a simmer and cook, covered, for 30 minutes. Stir every so often.

Add the broccoli, capsicum, zucchini and chickpeas and cook, uncovered, for 15 minutes or until the vegetables are just tender. Season well with salt and pepper.

Remove the pot from the heat and let 'rest' 10 minutes prior to serving.

Serve over brown rice.

Will keep, refrigerated, for up to 3 days. Can also be frozen for up to 2 months.

Source: Adapted from *The Slow Cook Book*.

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