



Pumpkin, Chickpea and Black Kale Curry

Serves 4

SUMMARY

The combination of pumpkin and warm spices in this dish are so comforting, like a big hug, and this dish feels so nourishing which is perfect for this time of year as the days start to get a wee bit cooler and shorter.

INGREDIENTS

1 small, or half a medium pumpkin, roasted and skinned
2 tbsps rapeseed oil
1 medium onion, roughly chopped
2 cloves of garlic, peeled and grated
5cm piece fresh root ginger, peeled and grated
½ to 1 red chilli, deseeded and finely chopped
1 tsp cumin seeds
1 tsp fennel seeds
1 tsp turmeric
6 cardamon pods, split and seeds removed
2 tbsps water
400g tin chickpeas, drained and rinsed
400g tin coconut milk
4-5 black kale leaves, or handful of spinach, roughly chopped
2 tbsps fresh coriander, roughly chopped
Juice of 1 lime

METHOD

1. Pre heat oven to 180oc /gas mark 4
2. Cut the pumpkin in half and scrape the seeds out. Chop it into large chunks, place into a roasting tray and drizzle it with 1 tbsp of the rapeseed oil. Place in the oven on the middle shelf and roast for about 20 minutes or until softened.



3. Whilst the pumpkin is roasting, add the other 1tbsp of the rapeseed oil to a warm pan and fry the onions for about 5 minutes or until they have softened. Then add the grated garlic, grated fresh ginger and chopped chilli and fry for a couple of minutes, taking care that they don't stick to the pan. Next add the dry spices to the pan and fry for a 1 minute and then add 2 tbsp of water to the pan to help release the flavours of the spices.
4. Now pour the coconut milk into the pan, stir and bring to a simmer, and then add the chickpeas and stir. Leave at a simmer whilst you remove the pumpkin from the oven, cut the skin off and discard, then roughly cube the roasted pumpkin flesh and add to the pan. Let the whole thing simmer for around 5 minutes. Then add the chopped kale and simmer for another 5 minutes or until the kale has softened. Stir through 1 tbsp of chopped coriander and juice of the lime. Now give it a taste and season with a little salt according to your taste.
5. Serve with a portion of cooked rice and the remaining chopped coriander and enjoy!