

Chickpea Red Curry



Ingredients

- 1/2 butternut pumpkin
- 1/2 head of cauliflower
- 1 onion
- 1 red capsicum
- 1 can chickpeas
- 1 can stewed tomatoes
- 1 can coconut milk
- 2 cups fresh spinach
- 3 tbsp Thai red curry paste
- 1 tbsp lemon juice
- 3 tsp minced garlic
- 1 tsp cumin
- 1 tsp paprika

Method

1. Peel and roughly chop the pumpkin, then steam and blend to make purée.
2. Finely chop onion and capsicum and sauté with garlic until soft.
3. Add tomatoes, curry paste, cumin and paprika, and sauté for several minutes.
4. Cut cauliflower into small florets and add along with coconut milk and pumpkin purée, then simmer uncovered for 10-15 minutes.
5. Add the drained chickpeas, chopped spinach, and lemon juice, and cook until the spinach is wilted.

Notes

Makes 6 servings as a main over rice.

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