



Warming pumpkin and lentil curry

This tasty curry will keep you warm as the nights draw in!

INGREDIENTS

1 tablespoon coconut oil
2 tins of coconut milk
3 medium onions
3 garlic cloves
120 g of ginger
1 kg of pumpkin flesh
700 ml vegetable stock
300 g red lentils
400 g of greens (kale, spring greens, spinach)
5 or 6 whole cherry tomatoes
juice of a lime
100 g of coriander
sea salt and black pepper

SPICE MIX
6 cardamom pods
1 teaspoon mustard seeds
2 tablespoons cumin seeds
2 teaspoons ground turmeric
2 tablespoons fennel seeds
2 tablespoons coriander seeds
1 teaspoon cinnamon
½ teaspoon chilli flakes
¼ tea-spoon ground cloves.

(You can substitute ready-ground spices for whole spices using 1/4 the amount)

METHOD

- Chop the garlic finely into tiny pieces. Peel and grate the ginger.
- Peel and chop the squash into bite size pieces.
- Make the spice mix by grounding the spices in a pestle and mortar
- Chop the onions finely into tiny pieces.
- Add the coconut oil to the spice mix and wait for it to melt.
- Add the onions, garlic and ginger and fry for a few minutes, until golden.
- Add the coconut milk, squash and vegetable stock.
- After 10 minutes add the lentils.
- Add more stock if it looks dry.
- Add the whole tomatoes.
- In the last few minutes, add your greens (kale, spring greens or spinach).
- Season with salt and pepper - don't forget to taste!

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