



one-pot pumpkin thai curry

This amazing dish is seriously tasty - packed full of nutrients and flavour. The plant-based protein comes from the combination of chickpeas, cashews and quinoa. If you're not vegan, you could add organic chicken, grass-fed beef or shrimp - but it honestly doesn't need it! One of the star ingredients is turmeric - well known for its anti-inflammatory, anti-cancer and liver-supporting properties. Did you know that curcumin (the compound in turmeric with all these properties) is much more bioavailable in the presence of good fats, black pepper and when it's cooked? This recipe ticks all those boxes!

PREP	TOTAL	SERVING
15mins	1hr	4 people

INGREDIENTS

- 2 tbsps coconut oil
- 1 medium onion, finely chopped
- 2 tbsps minced fresh ginger
- 2 tbsps minced fresh garlic
- 1 small serrano red pepper or chilli (stem/seeds removed, thinly sliced)
- 1 red pepper, seeds removed, thinly sliced
- 3 tbsps yellow or red curry paste
- 4 cups peeled and cubed pumpkin
- 1.5 cans full fat coconut milk
- 1 cup vegetable stock
- 2 tbsps maple syrup
- 1 tsp ground turmeric
- 1 big pinch sea salt and black pepper
- 1 tbsp tamari soy sauce, Braggs amino acids or coconut aminos
- 2 tbsps lime juice (plus extra for serving)
- 1 cup chickpeas, drained and rinsed really well
- 1 cup frozen peas (rinse off any ice and drain)
- 2/3 cup roasted cashews
- Fresh cilantro (or basil if you are a cilantro hater)
- Quinoa – cooked, for serving (optional)

See over for method

 approved recipe



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METHOD

Heat a large heavy pan (eg Le Cruset) over a medium heat. Add coconut oil, onion, garlic, ginger and the serrano pepper (or chilli). Sauté for a few minutes until they start to soften.

Add the red pepper and sauté for a few more minutes.

Add in the curry paste and cook for two minutes.

Add the pumpkin. If raw, sauté for a few minutes; if roasted, move ahead.

Add coconut milk, veggie stock, maple syrup, turmeric, salt, pepper, tamari/Braggs/coconut aminos and lime juice. Stir.

Bring to the boil, then immediately simmer. Cook for 15 minutes or until pumpkin is very tender.

Optional – scoop out half of the pumpkin, blend until creamy and then return to the pot. If you skip this step and you need to thicken your sauce, just use a little corn starch (but you may not need to).

Add the chickpeas and the green peas. Cook a few minutes more on low-medium until the peas are cooked and the chickpeas are hot.

Serve over the quinoa (optional) and scatter with the cashews and fresh herbs. Add an extra squeeze of lime for an extra pop of flavour. So good!



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