

Pumpkin Curry

By Sarah Sami, Hounslow

Ingredients

- The innards of one medium pumpkin
- 1 medium onion
- 3 cloves of garlic
- ½ inch of ginger
- 2 chillies (add more or less to suit your taste)
- 1 teaspoon of cumin
- ½ a small mustard seed
- ½ teaspoon of turmeric
- Lemon juice (a squeeze from a bottle or a lemon)
- Fresh or dried coriander
- 1 tablespoon of oil for cooking
- Salt (to taste)

To serve with

Leftover rice, roti or naan bread

Instructions

1. Grind the ginger, garlic and chilli into paste.
2. Chop the onion as finely as you can.
3. Chop pumpkin innards into cubes or other shaped pieces if it didn't come out easily.
4. Heat the oil in a pan.
5. Put cumin seeds and mustard seed into the pan.
6. Once they start popping add the onions.
7. When the onions are soft and almost see through, add the paste you made from the chilli, garlic and ginger. Keep stirring to avoid them sticking to the pan and burning.
8. Once the paste and onions are golden brown, add the cubes of pumpkin and mix well.
9. Then add the turmeric, salt (to taste), and squeeze of lemon juice and mix well.
10. Leave to cook until pumpkin is soft, stir regularly to stop it sticking to the pan.
11. Once cooked add fresh coriander and serve with rotis or naan bread or leftover rice.



This is a traditional dry curry, if you prefer yours with more juice add a tin of chopped tomatoes at stage 9.