

Vegan Chickpea and Coconut Korma Curry with Pumpkin

Prep Time: 20 mins / Cook Time: 40 mins

INGREDIENTS

2 cups (300g) pumpkin pieces (or kabocha or butternut squash)	1 1/2 teaspoon sea salt flakes
1 tablespoon olive oil	1/2 teaspoon cayenne pepper
salt and black pepper, to taste	1 tablespoon raw sugar
1 tablespoon coconut oil	400ml coconut milk
1 red onion, thinly sliced	250ml veg stock
3 garlic cloves, minced	handful of Tuscan kale leaves, chopped
2 tablespoons grated ginger	2 X 400g can chickpeas
2 tablespoons chopped coriander root	lime wedges, to serve
1 teaspoon fennel seeds	slivered almonds, to serve
1/2 teaspoon ground cardamom	fresh coriander leaves, to serve
1 teaspoon ground cinnamon	steamed rice, to serve
1 teaspoon garam masala	
1 teaspoon ground cumin	

INSTRUCTIONS

Pre-heat oven to 350F. Line a baking sheet with baking paper. Place pumpkin pieces, olive oil, salt and pepper in a bowl. Toss to combine. Place pumpkin on prepared sheet and bake in pre-heated oven for approximately 15 minutes until pumpkin is just done. Remove from oven and set aside.

Heat coconut oil in a large cast-iron pan on high. Add the onion, garlic, ginger, coriander root and fennel seeds. Sauté for a couple of minutes until onion becomes soft. Reduce heat to low. Add spices, salt and sugar. Cook for a few minutes, stirring constantly till the spices are cooked through. Add the coconut milk, veggie stock and chickpeas. Increase heat to medium and simmer for 20 minutes until curry turns a shade darker and becomes really fragrant.

Remove from heat. Stir through the kale leaves and roast pumpkin pieces. Top with slivered almonds, coriander leaves and serve with lime wedges over rice.

NOTES

Coriander root is just the actual root of the herb still attached to the bunch of fresh coriander you buy (see picture above). This needs to be washed thoroughly before use as it always has some dirt sticking to it. If your bunch doesn't come with the root attached, just use the stalks which are the main flavor ingredient. If you have neither on hand, a teaspoon of dried ground coriander (from spice section in most supermarkets) will do the trick. Add this when you add the other spices.

Also, save yourself some time and muscle power with precubed butternut squash that's often available at the grocery store.