



Pumpkin and lentil curry

SERVES: 4

PREPARATION TIME: 20 minutes

COOKING TIME: 20 minutes

INGREDIENTS

- 2 tablespoons canola oil
- ½ onion, finely chopped
- 2 garlic cloves, crushed
- 3 cm ginger, peeled and finely chopped
- ½ red chilli, sliced
- 250 g pumpkin, peeled and cut into 2 cm chunks
- 1 tablespoon curry powder
- 200 ml water
- 1 tin brown lentils, drained and rinsed
- ½ tin reduced fat coconut milk
- Pinch of salt
- 1 lime, cut into cheeks or wedges
- 1 avocado, quartered
- Small bunch coriander, finely chopped
- Low-fat plain yoghurt to serve (optional)

INSTRUCTIONS

1. Warm a casserole and add the oil, onion, garlic, ginger and chilli and sauté until the onions are soft.
2. Add the curry powder and cook for about 1 minute, then add the pumpkin, coat well and add the water
3. Cook the pumpkin covered, until almost done, then add the lentils and coconut milk and cook for another 10 minutes on a low heat. Check seasoning and add salt if needed.
4. When the pumpkin is soft, stir in the chopped coriander and serve on brown rice or whole grains.
5. Garnish with avocado, a lime wedge and yoghurt.

