

Red Lentil and Pumpkin Curry

Season: Autumn/Winter

Type: Side dish

Difficulty: Easy

Serves: 30-40 small serves

Recipe source: Inspired by Ranita O'Neill

From the Garden: Pumpkin and Garden Stock

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Knife • Chopping Board • Large Saucepan • Medium Saucepan • Stirring Spoon 	<ul style="list-style-type: none"> • 1 tablespoon Extra Virgin Olive Oil • 1 tablespoon butter • 2 medium brown onions, finely chopped • 6 garlic cloves, finely chopped • 2 tablespoons grated ginger • 3 tablespoon curry powder • 3 cups dried red lentils, rinsed, drained • 1 Kg diced pumpkin • A few curry leaves • 2 litres of garden stock • 2 cups fresh spinach leaves • 1 cup fresh coriander leaves

What to do:

- Chop the onions, garlic and finely grate the ginger.
- Put the stock in a separate saucepan to bring to the boil.
- Add the butter and olive oil to a large saucepan on a medium to high heat.
- Add the onions and soften for 4-5 minutes. Meanwhile prepare and dice the pumpkin into approximately 2cm cubes.
- Add the garlic and ginger to the pot and stir for a minute, then add the curry powder.
- Now measure out the red lentils and add them also, with the pumpkin.
- Now pour in the hot stock and water and add a few curry leaves from the freezer.
- Cover and simmer gently for 15-20 minutes until the lentils are very soft and the pumpkin is breaking up. Add a little extra water if it is getting dry and the lentils aren't softening. Add the washed spinach leaves and turn off and cover.
- Finally roughly chop the coriander and add to the curry, keeping a few leaves for garnish.

- Serve on a plate with the fragrant rice.

Notes

You can substitute home-made stock for bought or powdered stock. Making stock is easy, just use any leftover vegetables from the fridge or garden and cover with boiling water, simmer for a couple of hours and then drain and keep the liquid. Add flavour by throwing in a chilli or two, onions, garlic, old spices etc.