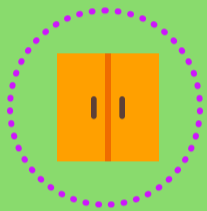


Vegan Pumpkin and Chickpea Curry

A store cupboard dinner that can be made in just 25 minutes! Super easy and super delicious!



Ingredients:



- 1tbsp sunflower oil
- 200ml veg stock
- 400g can chickpea - drained and rinsed



- 3tbsp Thai Yellow curry powder
- 3 stalks of Lemongrass
- 6 cardamom pods
- 1tbsp mustard seeds



- 2 onions finely chopped
- 1 pumpkin or small squash (roughly 1kg)
- 400ml coconut milk
- 1 lime

Instructions:



Step 1:

Heat the oil in a large frying pan (or sauté pan if you have one). Fry the curry paste with the onions, lemongrass, cardamom and mustard seeds for 2-3 minutes until fragrant.



Step 2:

Stir the pumpkin or squash into the pan and coat in the paste. Pour the stock and coconut milk in. Bring everything to a simmer and add the chickpeas and cook for around 10 minutes until the pumpkin is tender.



Step 3:

Squeeze the juice of one lime into the curry. To make the rice, add one cup of rice to 2 cups of water and bring to the boil. Once boiling, turn the heat right down and put the lid on the rice. Cook for 10 minutes and do not take off the lid! when the rice is cooked, take off the heat and fluff with a fork.



Step 4:

Serve your curry with the rice you have made. You could warm some Naan breads up too! Enjoy

