

A Vegetable Curry to Use Up the Pumpkin From Halloween

Ingredients

- 2 tablespoons vegetable oil
- 2 onions, thinly sliced
- ½ pumpkin or butternut squash, cut into cubes
- 4 carrots, cut into batons
- 2 parsnips, cut into batons
- 3 tablespoons curry paste*
- 8 large ripe tomatoes, 2 cut into wedges
- 6 garlic cloves, peeled
- Thumb size piece of ginger, peeled and chopped
- Small pack coriander, chopped
- *check protein content on the label
- Low protein rice, to serve with

Method

1. Heat the oil in a large lidded pan. Tip in the onions and cook for 10 minutes until soft.
2. Stir in the pumpkin, carrots and parsnips, and cook for 5 minutes until they begin to soften.
3. Add the curry paste and cook for another 3 minutes.
4. In a bowl, whizz together the whole tomatoes, garlic and ginger until smooth, then pour over the vegetables, adding 200ml water.
5. Save a handful of coriander to serve, and stir in the rest. Pop on the lid and simmer for 40 minutes or until the vegetables are tender.
6. Meanwhile, cook the low protein rice following the pack instructions.
7. Remove lid, stir through the tomato wedges and reduce to thicken the sauce.
8. Fork the rice into a serving dish and scatter the curry with remaining coriander.

Adapted from the BBC Good Food website