

PUMPKIN CURRY

FROM MEAGAN DUHAMEL

Ingredients

2 tsp olive oil
1 diced small onion
1 piece of fresh peeled and minced ginger
3 cloves of garlic
1/2 tsp cumin
1/2 tsp turmeric
3 tbsp Thai red curry paste
1 1/2 cans full-fat canned coconut milk
1.5 cups pumpkin puree (not pumpkin pie filling)
1.5 cups drained and rinsed chickpeas
2 crowns of broccoli, cleaned and cut to small florets
1 tbsp lime juice
Cooked brown rice or quinoa

Directions

Begin cooking rice or quinoa as per cooking instructions on the package.

Heat the olive oil in a pot over medium heat and add the onions. Stir until it starts to brown. Add your ginger, cinnamon and turmeric with a pinch of salt and stir for about 1 minute. Add in your Thai curry paste and cook for about 3 minutes or until it starts to thicken.

Stir your full-fat canned coconut milk in a bowl to mix together the thick coconut milk and water at the bottom of the can together and add it to your pot. Add your pumpkin puree and chickpeas and bring the mixture to a boil. Reduce the heat to medium and add in the broccoli florets. Stir for 8-10 minutes, until the broccoli becomes tender. Stir in the lime juice.

Serve your dish warm over your choice of whole grains.