

PUMPKIN, BROAD BEAN AND SPINACH CURRY



INGREDIENTS

1 large onion, sliced

1/4 cup (60ml) oil

3 tablespoons curry paste or powder

1 (400g) tin coconut milk

500g pumpkin, cubed 2cm squares

1 (400g) tin broad beans or same amount of fresh

250g fresh baby spinach or frozen

3 tablespoons fresh coriander leaves

salt and pepper, to taste.

DIRECTIONS

Preparation:10min › Cook:20min › Ready in:30min

Cook the sliced onions in oil until light brown and soft.

Stir in curry paste and cook for 2 minutes.

Add coconut milk plus 1/2 a tin of water; mix well.

Add pumpkin and cook until nearly soft; 10 minutes.

Add broad beans and cook until pumpkin is soft; 5 minutes.

Add salt and pepper to taste.

Mix in spinach leaves and coriander leaves then stir until wilted and heated through.

Serve with steamed jasmine rice.