



# I Love cooking

easy & delicious recipes

## Butternut & Chickpea Curry

### Introduction:

Nothing beats the cold like a good curry and here is our version of a good curry. It is meatless so it's perfect as a vegetarian main course or as a fabulous accompaniment to a roast leg of lamb on a cold day.

And it goes without saying that you can up or down the heat as you like. Just use less or more chili.

Enjoy!

### Ingredients

500 g butternut, peeled and cut into 1 cm dice  
salt, to taste  
30 ml sunflower oil  
1 onion, finely chopped  
10 - 12 curry leaves (or to taste)  
30 ml ginger root, finely chopped  
10 - 15 ml green chilies, finely chopped (or to taste)  
10 ml cumin seeds, crushed  
seeds from 4 cardamom pods  
30 ml garlic, finely chopped  
5 ml ground turmeric  
1 x 425 g can chopped tomatoes  
65 ml tomato paste  
250 ml prepared vegetable or chicken stock  
2 x 410g cans chickpeas, drained and rinsed  
1 x small can (165g) coconut milk  
garam masala, to taste  
lemon juice, to taste  
honey or sugar, to taste  
45 ml mint leaves, finely chopped  
to serve: coriander leaves, chopped and whole mint leaves

### Method

Boil a small pot of water, add the butternut and season with salt. Bring to the boil again and cook for 5 minutes or until just-tender. Drain and dry the butternut and cover and set aside until required.

Heat the oil in a large saucepan and add onion and the curry leaves. Sauté until the onion is translucent. Now add the ginger, chili, cumin and cardamom seeds and sauté until the ginger is

translucent. Then add the garlic and turmeric and sauté briefly before adding the tomatoes, tomato paste, stock and chickpeas. Bring to a boil, reduce heat, cover and simmer for 15 minutes, stirring occasionally.

Add the coconut milk and parboiled butternut and bring to a boil again. Reduce heat, cover and simmer a further 6 – 8 minutes or until the butternut is cooked through but not mushy. At this stage, if the curry is too saucy, increase the heat and cook rapidly without a lid until the liquids have reduced to your liking.

Finally, season to your own taste with with garam masala, lemon juice, honey or sugar and salt. Stir in the 45 ml chopped mint. Top with coriander leaves and mint leaves and serve with [Puri \(Fried Indian Bread\)](#).

Serves 6 as a main course or 8 as a side dish.