

MANGO, PUMPKIN & CHICKPEA CURRY

Wheat-free Gluten-free Dairy-free Vegan

A fragrant mild curry with all the best flavours from the tropics. This meal can be enjoyed throughout the year if you freeze some of summer's delicious fresh mangoes.

Ingredients:

- 4 tablespoons good quality vegetable oil
- 1 red onion, chopped
- 3 garlic cloves, crushed
- 2.5cm ginger, grated
- 2 teaspoons black mustard seeds
- 1 teaspoon coriander, ground
- ½ teaspoon cinnamon, ground
- ½ teaspoon cardamom, ground
- ½ teaspoon turmeric, ground
- ½ teaspoon black pepper, ground
- 450grams butternut pumpkin, cubed
- 2 tomatoes, chopped
- 1 cup water
- 400g chickpeas, precooked or canned
- 2 large mangoes, cubed
- 250mL coconut milk
- 1 tbsp lime juice
- Salt to taste
- Coriander, roughly chopped
- Yoghurt, for serving, if desired

Method:

Heat oil in wok. Add onion, garlic, ginger and sauté until onion is soft.

Add mustard seeds and when they begin to crackle add the remaining spices.

Add pumpkin and tomatoes, sautéing until pumpkin begins to soften.

Add water and chickpeas, bring to boil, cover then simmer for 5 minutes.

Add mangoes and coconut milk, cover and simmer gently for 10 minutes.

Remove from heat. Stir in salt and lime juice.

Serve with brown rice. Top with coriander and yoghurt if desired.