

Indian Pumpkin Curry

Equipment: Chopping board Knife Measuring cups and spoons Large frypan Small frypan	Ingredients: 1/2 cup melted ghee or vegetable oil 6 cups diced pumpkin 3 teaspoons ground cumin 3 teaspoons ground chilli 1 teaspoon ground turmeric 2 cups coconut milk Salt and freshly ground black pepper 5 teaspoons black mustard seeds 12 curry leaves 1 small fresh hot green chillies
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What to do:

1. Heat all but 2 tablespoons of the ghee or oil in a large saucepan. Fry the pumpkin with the cumin, ground chilli and turmeric for 1 minute.
2. Add the coconut milk, salt and pepper, cover and simmer for 10 minutes, or until pumpkin is tender and the liquid is absorbed.
3. In a small frypan, heat the remaining ghee and stir-fry the mustard seeds, curry leaves and whole green chillies for a few minutes until fragrant.
4. Place the pumpkin in a serving dish and pour the spiced ghee/oil over.
5. Serve the curry warm.