

# Pumpkin Curry Recipe



## Ingredients

500g pumpkin peeled and chopped into cubes  
1 tbsp vegetable oil  
½ tsp fenugreek seeds  
1 dried chilli (optional)  
1 tsp cumin seeds  
1 tsp chilli powder  
1 tsp turmeric  
1 tsp coriander seeds crushed  
1 green chilli, chopped  
1 tsp salt  
1 tsp sugar (optional)  
1 green chilli, sliced (optional)  
2 tsp amchoor or 1 tbsp tamarind water  
Handful of fresh coriander

## Method

- 01** Heat oil on a gentle heat and add the cumin and fenugreek seeds and 1 dried chilli until they splutter.
- 02** Reduce the heat and add chilli powder, turmeric, coriander and fry for five minutes.
- 03** Stir in the fresh green chillies, pumpkin, salt and sugar (optional).
- 04** Cover and cook for 20 minutes until soft, stirring occasionally.
- 05** If there is a lot of moisture in the dish, increase the heat and stir until the consistency is thick and lovely.
- 06** Remove from the heat and add the split chillies and amchoor or tamarind. If using a block of tamarind take a 5cm piece and rehydrate in approx. 100ml of boiling water. Sieve, discard the solids and use the water. Stir to absorb.
- 07** Garnish with a handful of coriander.



## More on this recipe

<http://www.harighotra.co.uk/pumpkin-curry-recipe>