

PUMPKIN CURRY WITH SILVER BEET AND CHICKPEAS

Equipment needed –

Measuring spoons, knives, chopping boards, garlic crusher, colander, large saucepan, measuring jug and 3 serving bowls.

Ingredients from the Garden –

- 1000 grams of pumpkin, cut into cubes
- 2 medium brown onions
- 6 cloves of garlic
- 300 grams of silver beet

Ingredients from the Pantry –

- 4 tablespoons of olive oil
- 4 tablespoons of Keens traditional curry powder
- 2 teaspoons of cinnamon
- 4 tablespoons apple cider vinegar
- 2 x 400 ml can of coconut milk
- 2 x 400g can of chick peas
- 1 ½ cups of stock
- ½ cup of water

What to do –

1. Finely chop the brown onions and set aside. Peel and crush the garlic and set aside.
2. Dice the pumpkin into 2.5 cm pieces and set aside.
3. Open the cans of chickpeas, empty into a colander and rinse well with cold water and set aside.
4. Heat a large saucepan over a medium high heat. Measure out the olive oil and heat for 1 minute.
5. Add the pumpkin and onion and cook for 5 minutes or until the onion has started to become translucent.
6. Add the garlic and cook stirring constantly for a further 1 minute or until fragrant.
7. Stir in the curry powder and cinnamon and cook for 1 ½ minutes.
8. Stir in the apple cider vinegar and stir to scrape up the brown bits from the bottom of the pan.
9. Open the cans of coconut milk and add to the pan and stir.
10. Add the water, stock and chickpeas. Bring the mixture to a simmer, reduce the heat to low, then simmer uncovered for about 30 minutes, or until the pumpkin is tender and the liquid has thickened slightly.
11. Meanwhile, wash the silver beet using a salad spinner and chop.
12. Fold silver beet into the curry and cook for a further 5 minutes or until the silver beet has wilted. Season with salt and pepper then divide the curry evenly amongst 3 serving bowls and serve.

Serves –

- 28 students.