

Red Pumpkin and Lentil Curry

Preparation Time: 20 min

Cooking Time: 20 min

Servings: 4

Ingredients - Curry Paste

- 1 small red onion, chopped
- 3 cloves garlic
- 2tbsp fresh lemon grass, sliced
- 3tsp fresh coriander, chopped
- 1tsp galangal powder
- ½ small red chilli, seeds removed and chopped
- 1tsp grated lime rind
- ½tsp shrimp paste
- 1 kaffir lime leaf, sliced
- 3tsp ground paprika
- ½tsp ground turmeric
- ½tsp cumin seeds
- 3tsp olive oil

Ingredients - Coconut Milk

- 1½cups shredded coconut
- 1½cups boiling water



Ingredients - To Assemble Dish

- 2tbsp olive oil, extra
- 1 brown onion, halved and finely sliced
- ½ butternut pumpkin, seeded, peeled and chopped into bite-size pieces
- 2cups cold water
- 1 cup dried red lentils
- 200g green beans, sliced into 3cm lengths
- 2tbsp fish sauce

Method

For the curry paste:

Blend or process all ingredients until smooth.

For the coconut milk:

Blend the coconut and the boiling water for five minutes. Stand for five minutes.

To assemble the dish:

Heat the oil in a large, heavy-based saucepan. Cook onion and pumpkin over medium-high heat for four minutes or until the onion has softened.

Add 2 tablespoons of the curry paste and cook, stirring for 1 minute.

Strain the coconut mixture through a fine sieve held over the saucepan, pressing with the back of a spoon to extract all of the liquid.

Add the cold water and lentils. Bring to the boil and then simmer uncovered, stirring occasionally, for 15 minutes.

Add the green beans and fish sauce and cook for a further 5 minutes.