



STEPHANIE ALEXANDER KITCHEN GARDEN RECIPES

Pumpkin Curry

From the garden: Pumpkin and tomatoes

Ingredients:

2 Tbsp Olive oil
450grams Pumpkin (diced)
250grams Red lentils
6 Tomatoes (chopped)
3 Garlic cloves (crushed)
A small piece of ginger (chopped)
1 Tsp Garam masala
1L stock
Pinch of chilli powder
1 Tsp sugar
Salt and pepper

Equipment

Bowl
Large saucepan
Wooden spoon
Chopping board
Colander
Knife
Serving bowl

Method:

1. Add olive oil to a large saucepan, fry the ginger and garlic, add the lentils and spices. Add pumpkin.
2. Add 3/4 of the stock and simmer for 1/2 hour. Add tomatoes and extra stock if too thick.
3. Serve hot.

