



CHICKPEA, CAULIFLOWER & PUMPKIN CURRY

Cooking time: 30 minutes. Serves: 6

Ingredients

- 2 tablespoons olive oil
- 2 onions, diced
- 3 cloves garlic, peeled and diced
- 1/2 pumpkin, peeled and chopped into small cubes
- 1/2 cauliflower, chopped into florets
- 2 tablespoons Garam Masala powder
- 2 cans tinned tomatoes (or 4 cups fresh, roughly chopped)
- 1 can tinned chickpeas (drained and rinsed)
- 1 can coconut milk



Method

1. In a large fry pan add olive oil, garlic and onions and fry for 3-5 minutes, stirring often.
2. Add the Garam Masala. Cook for another 2-4 minutes, stirring well.
3. Add tomatoes, pumpkin, cauliflower, chickpeas, coconut milk and 2 cups of water. Simmer on low heat for about 20-30 minutes.
4. Serve on steamed rice.

Food fact

Pumpkin is high in beta-carotene, lutein, zeaxanthin and C, which can help protect your eyes against vision loss and also can help boost your immune system.

Recipe from Foodbank: www.foodbank.org.au/chickpea-cauliflower-pumpkin-curry



The Healthy Loddon Campaspe initiative is supported by the Victorian State Government