

# PUMPKIN & BUTTER BEAN CURRY

## INGREDIENTS

	5 SERVES	20 SERVES
Olive oil	1 tbsp	¼ cup
Onion, chopped	1 medium	4 medium
Garlic, minced	3 cloves	6 cloves
Ginger, peeled & grated	2 cm	8 cm
Thyme	2 sprigs or ½ tsp dried	4 sprigs or 2 tsp dried
Curry powder	2 tbsp	½ cup
Cumin	½ tbsp	2 tbsp
Pumpkin, diced	450g (about 4 cups)	1.8kg
Butter beans, drained	400g can	4x 400g cans
Coconut milk	1 cup	4 cups
Water, or vegetable stock	1 cup	4 cups
Cayenne pepper	½ tsp	2 tsp



## DIRECTIONS

- 1.Heat oil in a large pot over medium heat, add onion, garlic, ginger and sauté until onion is soft, about 3 minutes.
2. Stir in thyme, curry powder, cumin, cayenne pepper and cook until fragrant. Add pumpkin, butter beans and stir to coat. Add coconut milk, water or vegetable stock, and pepper.
3. Cover pot, bring to a boil. Reduce to simmer and cook until pumpkin is tender but not mushy, about 15 minutes.
4. Serve with basmati rice.

Food Group	Serves provided per portion
Vegetables	2.6
Fruit	0
Grains	1 (with rice)
Lean meat/alternatives	0.5
Milk, yoghurt & cheese	0