PUMPKIN-COCONUT CURRY

Preparation: **15** minutes | Cooking: **30** minutes | Servings: **4**

INGREDIENTS

4 cloves garlic, finely chopped
1 large tomato, peeled and chopped (or 1 can diced tomatoes)
1 red onion, finely chopped
1 hot red chili pepper, sliced
2 ½ cups pumpkin or butternut squash (your preference), cut into cubes
2 cups coconut milk
4 teaspoons finely grated ginger
2 teaspoons canola oil

1 ½ teaspoons garam masala (substitute: curry powder)
1 ½ teaspoon ground coriander
1 teaspoon black mustard seeds
1 teaspoon turmeric
1 teaspoon cinnamon
1 teaspoon ground cumin
¼ teaspoon hot chili powder
Salt

INSTRUCTIONS

Heat up oil in pan on medium heat. Once the oil is hot, add mustard seeds and wait until they start popping, stirring occasionally. Wait another minute and then add your red onion. Stir and cook until onion is soft and translucent. Add garlic, ginger and fresh chili. Cook for 2 minutes and stir frequently so the ginger does not stick to the pan. Add all ground spices and 1 teaspoon salt. Reduce heat to low and coat everything in the pot in spices. Stir frequently for 1-2 minutes. Add chopped tomatoes and ¼ cup of water. Cook for 2 minutes until tomatoes become mushy. Add coconut milk and pumpkin. Let sit until it comes to a gently boil and pumpkin or butternut squash is tender. Taste and adjust spicing as needed. Serve with chicken and a side of rice for a complete and balanced meal!

Recipe source: https://www.lazycatkitchen.com