

Festival of Colour Vegetable Curry



Serves 4

A festival of colourful vegetables transformed into a delicious curry to brighten up any celebration table! Perfect as a vegetarian/vegan option and free of the 14 main allergens.

Prep: 15 mins

Cook: 30 mins

Serves: 4

Nutrition per serving: 423kcal ; 32g fat ; 13.5g saturates ; 39.9g carb ; 13.7g sugars ; 2g fibre ; 9.1g protein ; 459mg sodium

Ingredients

- 1 ½ Tbsp coconut oil
- 1 medium shallot minced
- 2 Tbsp minced fresh ginger
- 2 Tbsp minced garlic
- 1 small red chili or serrano pepper
- 1 large red bell pepper
- 3 Tbsp yellow curry paste of your choice
- 3 ½ cups peeled and cubed pumpkin or butternut squash
- 2 cups diced aubergine
- 2 (14-ounce) cans light coconut milk
- 2 Tbsp maple syrup or coconut sugar
- 1 tsp ground turmeric
- 1 healthy pinch sea salt
- 1 Tbsp gluten free soy sauce or tamari
- 1 cup chopped broccoli
- 2 Tbsp lemon juice
- 2/3 cup roasted cashews - optional

Method

1. Heat a large pot over medium heat. Once hot, add coconut oil, shallot, ginger, garlic, and pepper. Sauté for 2-3 minutes, stirring frequently.
2. Add bell pepper and curry paste and stir. Cook for 2 minutes more. Then add pumpkin/butternut and aubergine and stir. Cook for 2 minutes more.
3. Add coconut milk, maple syrup or coconut sugar, turmeric, sea salt, and gluten free soy sauce or tamari and stir. Bring to a simmer over medium heat.
4. Once simmering, slightly reduce heat to low and cover. You want a simmer, not a boil, which should be around low to medium-low heat.
5. Cook for 10-15 minutes, stirring occasionally, to soften the pumpkin/butternut and infuse it with curry flavour.
6. At this time, also taste and adjust the flavour of the sauce/broth as needed. I added more maple syrup for sweetness, sea salt for saltiness, and a bit more curry paste for a more intense curry flavour. Don't be shy with seasonings – this curry should be very flavourful.
7. Once the broth is well seasoned and the pumpkin is tender, add broccoli, lemon juice, and cashews if using and cover. Simmer for 3-4 minutes more over low to medium-low heat.
8. *Optional:* Scoop out half of the broth/sauce and half of the pumpkin (try to exclude the broccoli) and blend until creamy and smooth in a blender for a thicker, creamier curry. Return to pot and warm for a few minutes before serving.
9. Serve as is or over rice, quinoa, or cauliflower rice. This dish gets elevated with the addition of fresh lemon juice and coriander for serving.

Recipe based on: <https://minimalistbaker.com/1-pot-pumpkin-yellow-curry/>