



ROAST SQUASH, CHICKPEAS & COCONUT CURRY

The perfect dish to warm you up on a chilly day | Serves 6-8

INGREDIENTS

1 kg Butternut Squash (approx 1 large - you could use a pumpkin instead)
400g tin Chickpeas (drained and rinsed)
400ml tin Coconut Milk
2 tbsp Oil (rapeseed, sunflower or coconut oil would all work)
2 tbsp Medium Curry Powder
2 medium-sized Onions (finely chopped)
2 Chillies (finely chopped, optional)
1" piece Ginger (finely grated)
4 cloves Garlic (minced)
10 Fresh Curry Leaves (optional)
1 tsp Mustard Seeds
1 tsp Cumin Seeds
1 tsp Garam Masala
1 tsp Ground Cumin
1 tsp Ground Coriander
250 Fresh Spinach
1 Lime, juiced
Chopped Coriander, to garnish



METHOD

1. Preheat the oven to 200°C (180°C fan). Halve the butternut squash and remove the seeds, but don't peel it - just cut it into approx 1" cubes. The skin helps keep the squash from disintegrating, and goes nice and soft in the curry.
2. Toss the butternut squash cubes with 1 tablespoon of oil in a roasting dish. Roast for 20-30 minutes in the oven, until tender and starting to brown on the edges.
3. Whilst the squash roasts, heat 1 tablespoon of oil in a large casserole dish over medium high heat. Sauté the chopped onions until golden brown, 15-20 minutes. Stir frequently and add water if needed to stop it from sticking. Don't worry if they brown.
4. Add the mustard seeds, cumin seeds, and curry leaves to the pan. Let them sizzle for about a minute, adding a touch more oil if needed.
5. Add the chopped chillies, grated ginger, and minced garlic. Cook for 2-3 minutes till aromatic and any rawness disappears..
6. Add a splash more oil, and sprinkle in the curry powder, ground cumin, ground coriander, and garam masala. Cook for another 2 minutes, stirring to ensure the spices don't stick.
7. Add in the drained chickpeas and coconut milk to the pan. Bring to a boil, and then simmer for 10-15 minutes. You'll need to stir to ensure the sauce doesn't catch!
8. Once the squash is roasted and golden, remove it from the oven and leave to the side. Remove the curry from the heat, and stir in the washed spinach to wilt/. Carefully fold in the roasted squash, and let sit for 5 minutes for the flavours to mingle. .
9. Squeeze in half a lime, and season with salt and pepper. Serve with a sprinkle of freshly chopped coriander.

