

31. Pumpkin and Lentil Curry

Yield: - Serves 6 to 8 people

Ingredients: -

1 large	Onion, peeled and chopped
6 cloves	Garlic, peeled and chopped
150g.	Rogan Josh curry paste
500g.	piece of butternut, skin off (OR sweeter Japanese pumpkin)
1-2 large	Carrots, sliced
1 can	Crushed tomatoes
1½ cups	Water
1 can	Brown Lentils OR
1 cup	Green or red lentils, soaked overnight in 2 cups of water

Directions: -

1. Sauté onion and garlic and add curry paste
2. Add the sliced carrot, large chunky cubed pumpkin, lentils, tomatoes and 1½ cans of water.
3. Simmer until reduced—approx. 3 hours & serve on a bed of rice.