



Red Lentil, Tomato & Pumpkin Curry

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: chillis, coriander, garlic, pumpkin or sweet potato, tomatoes

This curry is a great way to welcome the cooler autumn weather. You can make it with either pumpkin or sweet potato, depending on what you have available in the garden. Or you could keep the summer feeling going by substituting zucchini for the pumpkin.

Equipment:

metric measuring scales, jug
and spoons
clean tea towel
chopping board
cook's knife
colander
large saucepan
wooden spoon
serving bowls



Ingredients:

3 tbsp olive oil
3 cm knob of ginger, peeled and finely chopped
3 garlic cloves, peeled and finely chopped
500 g red lentils, rinsed and drained
2 long red chillies, finely chopped
1½ tbsp garam masala
450 g pumpkin or sweet potato, peeled and
roughly chopped
3 L freshly made chicken or vegetable stock
6 medium tomatoes, roughly chopped
300 ml tomato purée
1 large handful of coriander, finely chopped
1½ tsp sugar
salt, to taste
500 g natural yoghurt



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Add the olive oil to the large saucepan and put it on medium heat.
3. Fry the ginger and garlic until aromatic, then add the lentils, chillis and garam masala and stir through to coat.
4. Add the pumpkin or sweet potato.
5. Add three-quarters of the stock, bring to the boil and simmer for half an hour or until the lentils have broken down.
6. Add the remaining stock if the curry becomes too thick.
7. Add the tomatoes and tomato purée and simmer for 15 minutes longer.
8. Add the coriander (reserve some to garnish) and sugar. Stir to combine, then taste for seasoning and add salt if required.
9. Serve with coriander, natural yoghurt and **Indian Flatbread** (Book 1, page 118–19).