

# Pumpkin and Dhal Curry

Serves: 32 tastings



**From the garden:** Pumpkin, carrot, onion & garlic

## Equipment:

- Small stockpot & lid
- Wooden spoon
- Chopping boards and knives
- Measuring cups
- Measuring spoons

## Ingredients:

6 tablespoons canola oil  
1 onion (finely chopped)  
2 cloves garlic (finely chopped)

1 teaspoon ground ginger  
1 teaspoon turmeric powder  
1 tablespoon garam masala

4 cups water  
1 cup pre-soaked chana dhal (*split chickpeas*)

3 pieces pre-cut pumpkin (peeled and cut into 1cm cubes)  
6 carrots (skin-on, cut into 1cm cubes)

Juice of ¼ lemon  
1 sprig curry leaves  
Salt to taste

## Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat oil in a small stockpot over medium-high heat.
3. Add onion and garlic, cook until onion is softened.
4. Add ginger, turmeric and garam masala, continue to cook for another minute.
5. Add water and dhal, bring it to a boil then simmer for 10 minutes.
6. Add pumpkin, carrot, lemon juice, curry leaves and salt then cook for another 10 minutes.
7. Serve into 5 large serving bowls with a ladle in each and serve with basmati rice.