



## Butternut Pumpkin Curry

A warming and vibrant vegetarian curry with tender butternut pumpkin, burst cherry tomatoes, and a creamy tandoori yoghurt sauce. Served over fluffy basmati rice.



30 minutes



2 servings



Vegetarian

## FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
GINGER	1 piece
TANDOORI PASTE	1 sachet
BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	200g
BABY SPINACH	1 bag
NATURAL YOGHURT	1 tub
RED CHILLI	1

## FROM YOUR PANTRY

oil for cooking, salt and pepper, vegetable stock paste or cube

## NOTES

Prefer roasting? Toss prepared vegetables with tandoori paste, grated ginger, and 1/2 tub yoghurt. Roast at 220°C for 25–30 minutes until golden. Stir through spinach, serve with rice and chilli.

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## 1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium–low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

**TIP** *Add pinch of turmeric or shredded coconut for extra flavour. Use a rice cooker if preferred.*

## 2. SAUTÉ THE AROMATICS

Heat saucepan or large frypan with **oil** over medium heat. Dice **onion**, peel and grate **ginger**, cook 4–5 minutes. Stir in **tandoori paste** until fragrant.

**TIP** *Use coconut oil for added aroma.*

## 3. ADD THE VEGETABLES & SIMMER

Dice **1/2 pumpkin** into 3–4 cm pieces (take pan off heat if needed), halve **tomatoes**, add to pan as you go. Stir in **1 crumbled stock cube** and **1 1/2 cups water**. Cover, increase heat and bring to simmer, cook 15 minutes until tender. Stir in **spinach** to wilt. Remove from heat, stir through **1/2 tub yoghurt**. Season with **salt and pepper**.

**TIP** *Peel pumpkin if preferred. Add zucchini, broccoli, or capsicum to bulk. Stir in tinned chickpeas for extra protein.*

## 4. FINISH AND SERVE

Serve **curry** with **rice**. Top with dollop of **yoghurt** and garnish with sliced **chilli**.

**TIP** *You can garnish the curry with fresh coriander. Serve with papadums or naan bread on the side.*

**This recipe has simplified instructions to help lower your meal cost.**