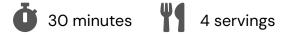






Butternut Pumpkin Curry

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







FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
GINGER	1 piece
TANDOORI PASTE	2 sachets
BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	2 x 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.

1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml 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.



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.



Use coconut oil for added aroma.

3. ADD THE VEGETABLES & SIMMER

Dice **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 **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**.



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.



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.