

Roast Pumpkin Curry

Recipe Source: **Melissa Kirk**

Equipment:

Chopping Board

Knife

Roasting Tray

Ingredients:

1 tbsp. of olive oil

Pumpkin 1 kg

Coconut Cream

1 sml tin bamboo shoots

1 sml tin of water chestnuts

2 / 3 Tbsp. of Red curry paste

Method:

Cut pumpkin into large squares removing skin and seeds. Toss pumpkin in oil and roast at 180deg until pumpkin is soft

In frying pan add Red curry paste (amount depends on your taste) and lightly fry until aromatic add coconut cream, bamboo shoots and water chestnuts and sauté on low for 20minutes.

Add roast pumpkin and lightly toss (gently so you don't squish the pumpkin) until warmed through

Serve with Rice and Roti