

Pumpkin chickpea curry

Description

This pumpkin chickpea curry is so full of nutrients. It is one of those dishes that manages to be proper comfort food while still packing in a lot of good stuff. This is my quick version, made with just a handful of ingredients and very little effort. Sometimes you want a curry without making a whole project out of it.

Pumpkin brings plenty of beta-carotene, which your body converts into vitamin A, plus potassium and fiber. Huh what? Yes that is what I said. Vitamin A, good for vision, skin and more, potassium (kalium) is an essential mineral/electrolyte your body needs for things like, muscle & nerve function, regulate blood pressure and more. You can remember all of this or forget, but remember this: pumpkin is an extremely nutrient dense food, it is chock-full of vitamins and minerals but low on calories.

And then there are the chickpeasâ€¦, adding plant-based protein and quite a bit more fiber, which also makes this curry much more substantial than pumpkin alone.

I mostly just love that combination: creamy, slightly sweet pumpkin chickpea curry and of course spices. Very comforting, but besides that your body gets a pretty good deal out of it too, win win situation. Serve it with rice, naan or even a wrap, depending on what you have around. This is very much a use-whatâ€™s-there kind of curry.

Source: http://www.medicalnewstoday.com/articles/279610.php

BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

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BLF Flavour

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BLF Easy

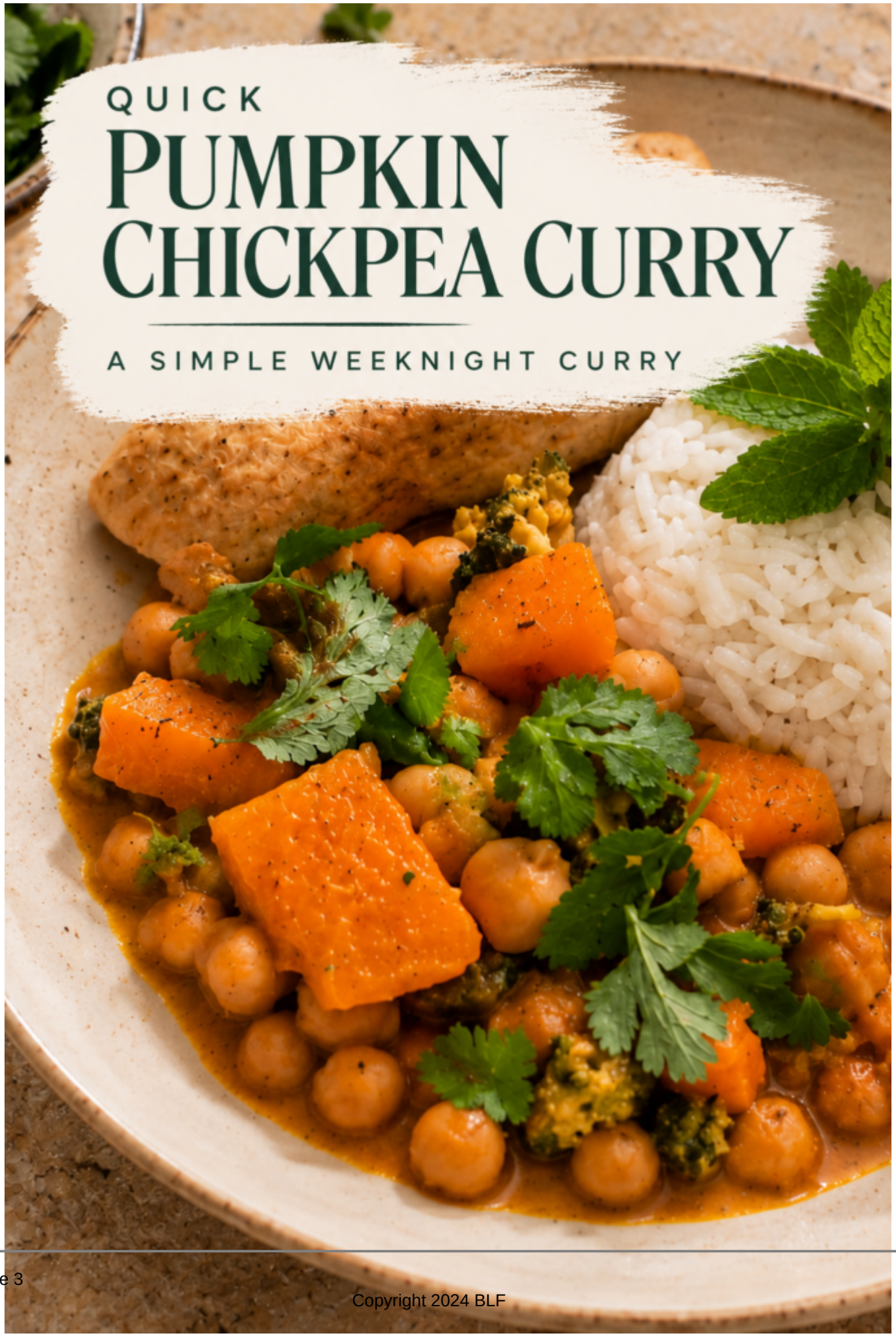
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MAKE IT MORE BALANCED
Add some broccoli florets to the curry or a handful of spinach in the last few minutes of cooking. **(+0.5)**
Serve with plain yoghurt mixed with fresh mint (Raita) on the side. **(+0.5)**

Nourishment

Fiber: high
Veggie level: high
Keeps you full: definitely
Energy: steady
Mood: creamy, warming & cosy

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Details

Servings
2 servings

Prep time
15 minutes

Cooking time
20 minutes

Protein
~16-18gr

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Ingredients

- Pumpkin, 500gr peeled and cubed
- 1 medium onion
- 1 can of chickpeas (400gr)
- 2 tbsp (Yellow) curry paste
- 1 stalk lemongrass (optional)
- 1 can of coconut milk (400ml)
- 200ml vegetable stock
- 1 tsp musterd seeds
- Rice/Naan/Wrap

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- 1 lime

- Mint and/or Cilantro

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Directions

- Preheat the oven to 200Â°**C**. Drain and rinse the chickpeas and pat them dry. Toss with a little olive oil, curry powder and salt. Roast for about 15 minutes, until golden and slightly crispy.
- Cook the rice according to package
- Chop the pumpkin into bite-sized cubes and finely chop the onion.
- Heat a little oil in a large pan and cook the onion until soft. Add the curry paste and lemongrass and fry for another minute until fragrant.
- Add the pumpkin and stir well so it gets coated in the curry paste.
- Add the coconut milk and vegetable stock. Bring to a gentle simmer and cook until the pumpkin is tender and the sauce is creamy.
- Toast the mustard seeds in a small dry pan until fragrant and starting to pop.
- Finish the curry with a generous squeeze of lime and taste for seasoning.
- Serve with rice, naan or a wrap. Spoon the crispy curry chickpeas over the top and finish with the toasted mustard seeds, mint and/or cilantro and some extra lime.

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