



Pumpkin Curry

Description

Pumpkin is an extremely nutrient dense food, meaning it is chock-full of vitamins and minerals but low on calories.

- Pumpkin is a rich source of vitamin A.
- Pumpkin is one of the best-known sources of the antioxidant beta-carotene.
- The potassium contained within pumpkins can have a positive effect on blood pressure.
- The antioxidants and vitamins contained within pumpkins could prevent degenerative damage to the eyes.

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

Ingredients

- Pumpkin
- Broccoli (optional)
- Onion
- Chickpeas
- (Yellow) curry paste
- Lemongrass (optional)
- Coconut milk
- Vegetable stock
- Mustard seeds
- Rice or naan
- Lime
- Mint and/or Koriander