

THRIVE

Pumpkin, Chickpea and Cauliflower Curry

Nutritional Information Per Serve:

Fats:	22.6g
Carbs:	23.7g
Protein:	11g
Sugar:	10.4g
<u>Total Calories:</u>	318

Serves: 4 People

Cooking Time: 45mins

Ingredients:

Spray Oil
Garlic, 1 clove
1 Red Onion Sliced
2 Tablespoons red curry paste
2 Teaspoons fish Sauce
1 teaspoon Brown Sugar
½ cup Vegetable Stock
1 400g can lite coconut milk
800g pumpkin cut into cubes
½ small cauliflower
1 400g can of chickpeas
70g toasted cashews

Method:

Getly fry the garlic and onion in a spray of oil until soft.

Add the curry paste and stir well.

Add the coconut milk, stock, sugar and fish sauce.

Bring to a simmer, then add pumpkin and cauliflower.

Simmer for 30mins until veggies are tender.

Add chickpeas and cook for 5 mins more.

Serve with rice and sprinkle cashews over the top.