

# nourish

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## **Pumpkin Curry**

2-3 tablespoons olive oil  
1 onion, finely chopped  
1 cinnamon stick  
2 sticks dried whole chilli  
2 tablespoons mustard seeds  
1 stick of curry leaf  
Half a Kent pumpkin, cubed  
1 tomato, chopped  
¼ cup fresh coriander leaves  
Salt to taste

1. Heat olive oil in a medium saucepan. Add chopped onion, cinnamon stick, dried chilli, mustard seed and curry leaf.
2. Fry until onion becomes translucent or very lightly brown.
3. Add pumpkin and tomato. Cook until pumpkin becomes very soft. Mix together and pumpkin will become a mashed texture.
4. Add salt to taste. Remove from heat and garnish with coriander leaves.

From Melanie Pillay