

Vegetable curry



cancersa.org.au



Vegetable curry

Serves: 4-6

Preparation time: 10 minutes

Cook time: 25 minutes

Ingredients

- 1 tbsp extra virgin olive oil
- ½ brown onion finely diced
- 2 cloves of garlic, crushed
- 2 ½ tbsp red curry paste
- 2 cups pumpkin peeled and diced into 1 cm pieces
- ½ cup carrot, sliced
- 1 x 400 ml can coconut milk
- 1 cup canned chickpeas, drained and rinsed
- 1 lime, juiced
- ¼ cup flat leaf parsley, chopped

Method

1. Heat oil in a large pot over medium heat. Sauté onion and garlic until fragrant and onions are soft.
2. Add curry paste, pumpkin and carrot and combine until fragrant.
3. Stir in coconut milk, turn heat down to low and cover. Simmer for 15-20 minutes or until pumpkin and carrot are soft.
4. Stir in chickpeas and lime juice, simmer until chickpeas heated through.
5. Serve, sprinkle with parsley.



A healthy diet can help cut your cancer risk. This recipe is high in vitamins, minerals, fibre and cancer fighting antioxidants.