

Season: Autumn
From the garden: Garlic, chilli, ginger, pumpkin, potato, carrot, spices
Type: Main
Difficulty: Easy
Serves: 6 adult servings or 24 small tastes
Source: Sarah Rae, Kitchen Specialist at Edendale Primary School, Auckland

Equipment

- Large saucepan
- Large Frying pan
- Chopping board x 4
- Kitchen knife x 4
- Peelers x 4
- Scales
- Measuring cups and spoons
- Large mixing bowl
- Wooden spoon
- Ladle
- Bowls for serving

Ingredients

- 2 onions
 - 4 garlic cloves
 - 4 cm piece of ginger
 - 1 red chilli
 - 4 tablespoons cooking oil
 - 400 grams pumpkin
 - 400 grams potatoes
 - 2 carrots
 - 2 teaspoons ground cumin
 - 2 teaspoons ground coriander
 - 2 teaspoons mustard seeds
 - 1 teaspoon ground tumeric
 - 2 teaspoons salt
 - 3 cardamon pods
 - 800 grams tin tomatoes
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How to make it

1. Heat the oil in a pan over a medium heat.
2. Measure and peel the pumpkin, discarding the seeds if any. Carefully cut the pumpkin into bite-sized 2 cm cubes and place into a large bowl.
3. Scrub the potatoes and remove any eyes or blemishes with the end of a peeler. Chop the potatoes into bite-sized pieces and add to the bowl with the pumpkin.
4. Wash the carrot, chop into 2 cm pieces and add to the bowl.
5. Peel the onion and rinse to remove acid. Finely chop the onion and add to the pan and fry for 2 minutes or until it is starting to brown.
6. Peel and finely slice the garlic and ginger and add it to the onion in the pan.
7. Very carefully finely slice the chilli and it to the onion mixture also. **Make sure you wash your hands thoroughly after you have sliced the chilli!**
8. Measure all of the spices into a small bowl then add to the pan with the onions and garlic and stir for 2 minutes.

9. Now add the potatoes, carrots and pumpkin to the onion and spice pan and sauté for a couple of minutes.
10. Add the tins of tomatoes and simmer for 10 minutes. You may need to add a little water to cover the vegetables. Stir every couple of minutes to prevent sticking.
11. Serve with flatbread or rice and enjoy!

Notes:

- This delicious curry is a great way to make a warming dish out of the autumn produce from the garden. The flavour comes from the combination of spices.
- Why not try chopping and adding some winter greens (such as kale or cavolo nero) to your curry? They can be added just a few minutes before serving.
- “Sauté” is a French word meaning to quickly fry in a small amount of oil. It is commonly used in recipes.