

Brazilian Vegetable Curry with Spicy Tomato and Coconut Sauce

Season: Summer

Type: Brazilian Main Dish

Difficulty: 🍷 🍷

Serves: 6

From the garden: Pumpkin, onions, eggplant, capsicum, garlic, ginger, chilli, tomato, coriander



Equipment:	Ingredients:
Knife	1 butternut pumpkin
Chopping boards and mats	2 onions
Measuring cups	1 eggplant
Saucepan	2 red capsicums
Wooden spoon	1 can chickpeas
Roasting dish	2 cloves garlic
Mortar and pestle	1 teaspoon ginger (fresh)
	1 chilli
	400g diced tomatoes
	200ml coconut cream
	4 tablespoons coriander
	3 tablespoons olive oil

Method:

Preheat oven to 200°C.

Peel pumpkin and cut into 2cm cubes.

Dice onion and capsicum.

Cut eggplant into 2cm cubes.

Finely chop the chilli, garlic and ginger.

Add pumpkin, eggplant, and capsicum to the roasting dish with 2 Tablespoons of oil.

Roast for 40 minutes or until tender.

Meanwhile, in a mortar and pestle, blend together onion, garlic, ginger and chilli to form a smooth paste.

Heat the remaining oil in the saucepan and fry the onions, chilli, garlic and ginger paste until the onions soften.

Add tomatoes and simmer for 10 minutes.

Add coconut cream and simmer for another 5 minutes. If the sauce thickens too much, add a little water.

When vegetables (roasting) are tender, add to sauce with chickpeas and heat through.