

# CURRIED PUMPKIN

**Time: 45 minutes**

**Serves: 4**

### Ingredients:

- 2 tablespoons butter
- 3 cloves garlic - very finely chopped or crushed
- 1 teaspoon chili powder
- 1 teaspoon garam masala
- 1 teaspoon ground coriander
- ½ teaspoon cinnamon
- 1 onion – chopped
- 4 cups pumpkin flesh – cubed to 1"
- 2 tomatoes – chopped
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup chopped cilantro

### Preparation:

Preheat a heavy cast pan on medium-high then add the butter.

Once the butter is hot, add the garlic, chili, garam masala, coriander and cinnamon, stirring for one minute.

Add the onion and cook, stirring often for three minutes.

Stir in the pumpkin and tomato. When it comes to a boil, reduce the heat to simmer, stirring occasionally for twenty-five minutes.

Remove from heat, then stir in the salt and pepper. Serve immediately topped with the cilantro.

### Nutritional Information Per Serving:

- Calories: 92
- Fat: 6g
- Carbs: 10g
- Fibre: 1g
- Protein: 2g