



## KERALAN CURRY



Full of flavour, this dairy-free, vegetarian curry recipe is quick to prepare and great for the whole family, including weaning babies! Simply blend the vegetables to desired consistency before adding herbs & spices for your baby to enjoy!

Add a burst of flavour by adding some ginger & spices if your little one is at the right stage.

### WHAT YOU NEED

- 280g pumpkin, chopped
- 1 small onion, diced
- 1 tablespoon fresh ginger, grated
- 2 garlic cloves, grated
- 1 tbs coriander
- 1 tbs cumin
- 1/2-1 tsp cinnamon
- 180ml veg stock (or water)
- 180ml passata
- 1 400g can chickpeas, drained
- 170ml coconut milk

### WHAT TO DO

1. Heat a pan over medium heat with a splash of oil.
2. Add pumpkin and onion, let cook, covered, for 5 minutes, stirring occasionally.
3. Add ginger, garlic and spices, cook 30 seconds until fragrant.
4. Stir in veg stock, passata, coconut milk and chickpeas.
5. Simmer 5 minutes or until pumpkin is tender, can keep at a simmer until ready to serve.
6. Remove a portion for your little one and then season the remainder with salt to taste.
7. Serve over rice with a squeeze of lime juice, a dollop of yogurt and a sprinkling of coriander.