Roasted Pumpkin Curry



Ingredients

- 1/2 Kent pumpkin, trimmed, cut into 2cm slices
- 2 tbsp mild curry powder
- 1 brown onion, thinly sliced
- 1 large piece fresh ginger, cut into matchsticks
- 1 tbsp crushed garlic
- 1 cup red lentils, washed
- 2 cups chicken or vegetable stock
- 400ml coconut cream
- 1 lime, zested and juiced
- 1/2 bunch fresh curry leaves, fried

Directions

Step 1 – Heat the BBQ to low-medium heat (150 - 180°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, have a trivet and convection tray in place

Step 2 – Coat half of the pumpkin slices in olive oil and then coat in approximately half of the curry powder. Arrange the pumpkin slices in the BBQ, away from direct heat and close the BBQ lid. Roast the pumpkin for 30-40 minutes or until softened and golden brown. Remove from the BBQ and cover tightly with foil. Set aside.

Step 3 – Increase the heat on the BBQ to medium heat (180 - 200°C). Heat a large cast iron frying pan or Dutch oven. Once hot, add a little olive oil and the sliced onion and cook, stirring regularly for around 5 minutes. Add the half the ginger, the garlic, lentils and remaining curry powder and sauté for 3 minutes. Chop the remaining uncooked pumpkin into bite sized pieces and add to the pan along with the stock, coconut cream and lime juice. Stir to combine. Cook the curry for 20 minutes or until the lentil and pumpkin pieces are cooked through.

Step 4 – Remove the pot from the BBQ and carefully puree the mixture to form a thick curry sauce. Season to taste.

Step 5 – Spoon the sauce into a large bowl, top with the cooked pumpkin wedges, then garnish with the remaining ginger, lime zest and fried curry leaves.