

Spiced Pumpkin, Chickpea and Spinach Curry

You'll need:

1/4 pumpkin
2 white onions
3 cloves garlic
thumb piece ginger
2 tbsp curry powder
1 tbsp plain flour (optional)
500ml vegetable stock
Handful spinach leaves
1 tin chickpeas

1. Firstly half the pumpkin and using a spoon, remove all the seeds. Drizzle each open half with oil, a generous pinch of salt, and any aromats you desire. For this recipe, we will use garlic and rosemary. Simply crush the garlic with your hand and roll and twist the rosemary sprigs in your hand, releasing all the oils.
2. Place the pumpkin half's flat side down, with the aromats sheltered underneath and roast in a pre-heated oven at 180° for 45 minutes - 1hour, or until the pumpkin has become soft to the touch.
3. Remove from the oven and allow to cool slightly, before turning over and using a spoon to remove all the cooked flesh from the skin.
4. Place this into a blender with the roast garlic and rosemary and add water/stock/milk or cream to loosen and achieve your desired consistency. Season with salt and plenty of black pepper before serving.

Liam's Top Tips: you can add ginger and some ground spices/curry powder for a spiced soup. Add roast onions or carrots for a more complex flavour. You can blend the pumpkin skins into the soups if wants, or roast further and use the roasted pumpkin skins as a tasty garnish to the soup.