



Pumpkin, ChickPea and mango curry





Pumpkin, ChickPea and mango curry

serves 4

You will need...

- 1 pack (18g) Fruit Bowl Mango Fruit Flakes
- 1 tbsp. sunflower oil
- 1 medium red onion, peeled and sliced
- 2 garlic cloves, peeled and finely chopped
- 1 tsp. ground cumin
- 1/2 tsp. ground cinnamon
- 1 tsp. ground coriander
- 1 tsp. ground turmeric
- 2.5cm ginger, peeled and grated
- 2 mild red chillies, deseeded and finely chopped
- 2 tins of chopped tomatoes
- 400g pumpkin or butternut squash, cubed
- 2 tbsp. medium curry paste
- 350ml water or coconut milk
- 400g can chickpeas, drained and rinsed
- Salt and pepper
- 2 tbsp. chopped fresh coriander
- Basmati rice and naan bread to serve



Method

1. Heat the oil in a large saucepan and add the onion. Fry gently for 5 minutes or until softened
2. Add the garlic and spices and fry for 1 minute
3. Add the chilli and ginger and cook gently for a further minute
4. Add the pumpkin or butternut squash and curry paste and fry gently for 3 minutes
5. Add the water or coconut milk and chopped tomatoes, stir well and bring to the boil.
6. Simmer for about 25 minutes until the pumpkin/butternut squash is tender
7. Add the Fruit Flakes and drained chickpeas, cook for a further 1 minute
8. Add the chopped coriander and season to taste
9. Serve immediately with naan bread, poppadoms and basmati rice
10. Send us a photo of your [#fruitbowlpumpkincurry](#)

