



Thai Pumpkin Curry

By The Good Housekeeping Cookery Team



SERVES 4

INGREDIENTS

- 1 Tbsps sunflower oil
- 2 shallots, finely sliced
- 1 Tbsp. vegetarian Thai curry paste
- 7 oz tin reduced-fat coconut milk
- 7 ½ oz hot vegetable stock
- 1 tsp. brown, palm or coconut sugar
- Zest and juice of 1 lime, plus extra to serve
- 14 oz pumpkin, peeled, de-seeded and cubed
- 3½ oz green beans, trimmed and halved
- 1 Tbsp. freshly chopped cilantro
- 1 Tbsp. freshly chopped ¾ Thai basil
- 4 green onions, sliced
- 3 oz unsalted cashew nuts, chopped (optional)
- Serve with Jasmine rice (brown or white)

DIRECTIONS

1. Heat the oil in a large pan and gently fry the shallots for 5 minutes or until just softened.
2. Add the paste and fry for 2 minutes.
3. Stir in the coconut milk, stock, sugar, lime zest and juice.
4. Add pumpkin, bring to the boil, then simmer for 15 minutes until almost tender.
5. Add beans and cook for 3-4 minutes.
6. Stir in the herbs and spring onions.
7. Garnish with cashews (if using) and serve with Jasmine rice.