



*Prep Time: 15 mins*

*Cook Time: 30 mins*

*Total Time: 45 mins*

*Servings: 4*

# Thai Green Pumpkin Curry

*By The Good Housekeeping Cookery Team*

## Ingredients

- 1 Tbsps sunflower oil
- 2 shallots, finely sliced
- 1 Tbsp. vegetarian green Thai curry paste
- 7 oz tin reduced-fat coconut milk
- 7 fl 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, deseeded and cubed
- 3½ oz green beans, trimmed and halved
- 1 Tbsp. freshly chopped cilantro
- 1 Tbsp. freshly chopped Thai basil
- 4 green onions, sliced
- 3 oz unsalted cashew nuts, chopped (optional)

## Directions

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

