

# Pumpkin, curry

( Using fresh curry leaves )

## INGREDIENTS

1 whole fresh cauliflower or pumpkin.

2 long sprigs with curry leaves ( these smell yummy ...make sure you smell them)

1 ½ Tbsp of Ghee \*\*\*Find out what this is

1 onion

1 chillie

1 tsp of brown mustard seeds

1 tsp cumin seeds

½ tsp ground turmeric

1 ½ Tbsp of lemon juice

## METHOD

Half fill a medium sized saucepan with water, place on stove on high heat, bring to the boil.

Break the cauliflower into florets, then wash and dry it. When water is boiling, place cauliflower in, cook for 2 minutes, remove the cauliflower, drain and set aside.

Cut the onion into ½'s, then slice thinly.

Cut the chillie in ½ lengthways, scrape out the seeds, chop finely. Keep the seeds, dry them and plant.

Juice lemon, until you have required measurement of juice.

Turn on electric frypan, medium heat.

Heat ghee, add onion, chillie, curry leaves and seeds, stirring for 3 minutes until aromatic.

Add the cauliflower and turmeric and cook, stirring for 5 minutes. Drizzle with lemon juice and season. Continue cooking for another 5 minutes or until cauliflower is just tender.

\* Pumpkin or cauliflower used in this recipe due to whats growing in our SAKH Garden.