

## **BUTTER PUMPKIN, CARROT AND POTATO**

### Ingredients

2 tbs oil

50g butter (check with Kath re diet requirements)

2 carrots, peeled and sliced

2 potatoes, peeled and diced

¼ pumpkin, cleaned and diced

1 small piece ginger, peeled and chopped very fine

2 cloves garlic, peeled and chopped very fine

3 tsp ground coriander

3 tsp ground cumin

1 tsp ground cardamom

½ tsp allspice

1 chilli, chopped very fine

4 tbs tomato paste

1 ½ cups tomato puree

¾ cup cream (check with Kath re diet requirements)

Prepare carrots, potatoes and pumpkin.

Heat oil and butter in large pot on medium heat. Cook garlic and ginger till fragrant. Measure spices and add to pot with chilli. Cook slightly being careful not to burn. Add tomato paste, carrots, potato and pumpkin.

Cook for a couple of mins and add tomato puree. (may need to add 1 cup boiling water). Bring to boil and put a lid on, reduce heat. When vegetables are tender stir in cream. Taste and season with salt.

Serve and garnish with fresh coriander.