

# PUMPKIN AND SWEET POTATO KUKU PAKA

(KENYA)

## Ingredients

1 small butternut pumpkin, cleaned of skin and diced small

(save seeds)

1-2 browns onion, peeled and sliced

1 small chilli, seeds removed and chopped

1 adult thumb size piece ginger, peeled and chopped

½ tbs curry powder

2 tsp cumin seeds

1 400g tin coconut milk

1 handful coriander, chopped

**Blitz onion, chilli, ginger and garlic with hand blender in a tall slim jug, add a little water if needed.**

**Sautee onion puree in large pot in heated oil.**

**Add curry powder and cumin seeds and cook down for 5mins.**

**Stir in tomatoes and heat through for 3mins.**

**Add pumpkin and coconut milk.**

**Cover and simmer for 20mins, adding water as needed.**

**When pumpkin is tender, taste and season.**

**Stir through coriander and serve 1 bowl per table.**