

Indian Pumpkin Curry with Coconut Milk

Yield: 4 min
Total Time: 49 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-dal-recipe-with-coconut-milk>

Ingredients:

- 3 cups cubed pumpkin pieces
- 1 medium onion diced
- 2 ripe tomato medium
- 2 inches ginger peeled and minced
- 2 cloves garlic peeled and minced
- 1 cup coconut milk
- 2 teaspoons tomato paste
- 1 green chili optional
- 1 teaspoon coriander powder
- 1 teaspoon red chili powder or to taste
- 3/4 teaspoon Garam Masala
- 1/2 teaspoon coconut sugar or pure maple syrup
- salt unchecked?, to taste
- 3 mint leaves chopped
- 1 handful coriander leaves chopped
- 2 tablespoons coconut oil
- 2 cups water adjust according to how thick you prefer the curry
- spices
- 1/2 teaspoon turmeric powder
- 1 1/2 teaspoons coriander powder or to taste
- 1 teaspoon garam masala powder
- 1 teaspoon red chilly powder to taste
- 1/2 teaspoon cumin seeds
- 1/2 inch cinnamon stick

Nutrition:

1. Calories: 290 calories

2. Carbohydrate: 27 grams
 3. Fat: 22 grams
 4. Fiber: 6 grams
 5. Protein: 5 grams
 6. SaturatedFat: 19 grams
 7. Sodium: 250 milligrams
 8. Sugar: 8 grams
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