

1. Put the onion, garlic, oil and ginger in a microwavable bowl and cook on FULL power for 2 minutes. Add the curry powder or paste and chillies and cook on FULL power for 1 minute.
2. Add pumpkin, sweet potato and ½ of stock, cover and cook on FULL power for 10 minutes.
3. Add peas, chickpeas, coconut and the rest of stock, stir, cover and cook on FULL power for 4 minutes.
4. Mix the cornflour with a little cold water and stir into curry, cook uncovered for 2 minutes until thickened.
5. Serve with rice and/or chapatis.

2tbsp vegetable oil
1 onion, chopped
1 clove garlic, finely chopped
2tsp grated fresh ginger
1tsp crushed dried chillies
1½ tbsp curry powder or 1 tbsp curry paste
350g pumpkin (flesh only), cubed*
1 large sweet potato, peeled and cubed
250ml vegetable stock
150g frozen peas
50g creamed coconut, chopped
400g can chickpeas, drained and rinsed
1tbsp cornflour

*Any type of squash can be used

'What's Cooking!' Recipe Card**MAIN****PUMPKIN AND CHICKPEA CURRY****FOOD FACT:**

Butternut squash or pumpkin could be used for this recipe, both are an excellent source of beta –carotene and vitamin A, which are good for cancer protection, eye sight and healthy skin.

Preparation time **10mins**

Cooking time **17mins**

Serves 4-6