



PUMPKIN AND PRAWN CURRY RECIPE | Serves 4

Inspired by the 'mishti kumra', or sweet gourd that is popular in Bangladesh, this is a delicious autumn recipe, perfect for using the abundance of pumpkin and butternut squash. Still delicious, this can be an entirely vegetarian dish by simply leaving out the prawns. This recipe was first published in Saira's cookbook 'Kitchen Favourites with Saira: Garlic'

INGREDIENTS

- 2 tbsp vegetable oil
- 1 small onion, chopped in small dice
- 4 cloves garlic, finely chopped
- ½ tsp turmeric
- 1 tsp cumin
- 1 tsp ground coriander
- ½ tsp chilli powder
- 1 tsp sweet paprika
- ½ tsp salt
- ½ tsp sugar
- 500-600g pumpkin or butternut squash cut into in 3cm chunks
- 240g large raw prawns (frozen is fine but defrost before using)
- 1 green chilli, sliced in half lengthways
- Chopped fresh coriander to garnish

METHOD

In a medium-sized saucepan, fry the onions and garlic over a medium heat for 5-6 minutes. Cook until the onion is softened and an even golden-brown colour.

While the onions are cooking, measure to all the spices out and mix together in a small bowl or jar. Once the onions are cooked, sprinkle in the spice blend and allow to cook gently for 30 seconds or so. Then add in the pumpkin pieces and chilli and stir well to coat the vegetables in the spiced oil.

When the pan is back up to heat, add a splash of water (no more than 100ml) and put the lid on the pan. Cook on a medium heat for 12-15 minutes. Try not to stir too often as the pumpkin can break apart quite easily.

Add in the defrosted prawns. Stir carefully to mix. Cover the pan again and cook for another 5 minutes until the pumpkin is cooked to your liking and the prawns are pink and cooked through.

Garnish with some freshly chopped coriander and serve with plain rice or chapattis.