



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

OCT 2020  
Recipe 137

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## Autumn Pumpkin Lentil Curry with Spinach

### PREPARATION

1 - Heat oil in a deep skillet or large pot over medium-high heat. Add the onion and cook about 2 minutes, just until it starts to turn golden. Stir in the garlic and curry paste and cook about 1 minute, until the curry paste is fully incorporated.

2 - Stir in the broth, coconut milk, pumpkin, tomato paste, and lentils. Cover and cook on medium-low heat about 15 minutes, until the lentils are cooked but not too soft. Stir occasionally. Taste and add salt and pepper to taste.

3 - During the last 3-5 minutes of cooking, add 2 cups of baby spinach – allowing it to wilt into the curry.

4 - Serve over rice, quinoa, cauliflower or your favorite base. If desired, add chopped roasted cashews and cilantro to the top for color, flavor, and crunch.



(photo by Marc-Henri)

### INGREDIENTS

- 2 tablespoons olive oil
- 1 small sweet onion, diced
- 2 large cloves garlic, minced
- 2 tablespoons red curry paste
- 2 cups vegetable broth
- 1 can coconut milk
- 1 cup pureed pumpkin
- 2 tablespoons tomato paste
- 1 cup red lentils (dry)
- Salt and pepper to taste
- 2 cups baby spinach
- 1/2 cup toasted salted cashews (optional)
- fresh cilantro (for garnish)

### COOK'S NOTE:

This nourishing, hearty lentil curry made with seasonal pumpkin is perfect over rice. It makes an energy-packed warming dish perfect for a cozy evening in.

Bon Appétit!  
-George