



# Roast Pumpkin and Chickpea Casserole

## Ingredients

- 250g raw chickpeas
- ½ butternut pumpkins
- 2 tablespoons oil
- 1 onion
- 1 carrot
- 25g fresh root ginger (or one teaspoon crushed ginger)
- 2 cloves garlic (or one teaspoon crushed garlic)
- 400g canned chopped tomatoes
- 1 tab honey
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon each, ground cumin, turmeric, ground cinnamon
- 1 cinnamon stick
- Approx 600ml stock



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## Method

1. Soak the chickpeas overnight.
2. Heat the oven to 200C.
3. Remove seeds from pumpkin. Coat the cut side of the pumpkin with oil, season well and bake for approx. one hour until soft and golden. Remove skin and slice.
4. Prepare the vegetables. Peel and dice onion. Peel and finely dice garlic and ginger. Peel and thinly slice carrots.
5. Heat oil in a deep, heavy-based pan. Gently cook the onions, ginger and garlic for 10 minutes until softened but not brown.
6. Add the carrots and cook for a further 5 minutes.
7. Add the drained chickpeas, tomatoes, honey, cinnamon, salt, pepper, ground spices and the water or stock and bring to the boil.
8. Cover and simmer for 45 minutes, or until carrots are soft, adding more water or stock as needed to keep it thickly soupy.
9. Add sliced pumpkin and serve.