Pumpkin curry with chickpeas and silverbeet

**Equipment**
- Knife and chopping board
- Large saucepan
- Mortar & pestle
- Stirring spoon
- Cup measures 1, ¼, ¾
- Tablespoon measure
- Teaspoon measure

**Ingredients**
- 1 tablespoon olive oil
- 4 cups of 2.5cm cubed pumpkin (about 500g)
- 1 medium brown onion
- 3 cloves garlic, crushed
- 2 tablespoons Curry Powder
- 1 teaspoon Ground Cinnamon
- 2 tablespoons Apple Cider Vinegar
- 400ml can Coconut Milk
- 400g can Chickpeas, drained
- 3/4 cup Vegetable Stock
- 1/4 cup water
- 1/4 bunch silverbeet (about 150g)
What to do:

• Peel, remove seeds and cut pumpkin into 2 centimeter cubes.
• Dice onion and crush garlic.
• Heat a large saucepan over medium-high heat.
• Add the oil and heat for 1 min.
• Add pumpkin and onion and cook for 5 minutes, or until the onion has started to become translucent and the vegetables begin to caramelize.
• Stir in the garlic and cook, stirring constantly, for 1 min, or until fragrant.
• Stir in the curry powder and cinnamon and cook, stirring, for 1 1/2 minutes.
• Add the vinegar and stir to scrape up the brown bits on the bottom of the pan.
• Stir in the coconut milk, chickpeas, stock and water.
• Bring the mixture to a simmer, then reduce the heat to medium-low and simmer gently, uncovered, for about 30 minutes or until the pumpkin is tender and the liquid has thickened slightly.
• Remove stems from silverbeet and discard. Thickly shred the leaves.
• Fold the silverbeet into curry mixture and simmer for 5 minutes, or until wilted. Season to taste with salt.