



Easy Pumpkin, Chickpea and Lemongrass Curry

*Creamy, gluten-free, low-fat
from The Cleaner Plate Club*

INGREDIENTS

- 1/2 can coconut milk
- 1/2 can vegetable/chicken stock or water
- 1 can chickpeas (garbanzo beans)
- 2 cups sweet pumpkin, rind removed and chopped into 1" cubes
- 1/3 cup green beans chopped into 2 inch segments
- 1 Tbl of (firmly packed) brown sugar
- 2 cloves garlic
- 4 Tbs yellow curry powder or curry paste
- 1 lime (juice)
- 1 chicken breast (cubed)
- 3 tbs fish sauce to taste
- Chili paste to taste

DIRECTIONS

In a large pot, sauté the cubed chicken breast with olive oil and the garlic.

Add the curry powder and stir until chicken is coated. Mix in the coconut milk, stock/water. Bring to a boil.

Add the chickpea, pumpkin, green beans, brown sugar, lime juice, fish sauce, lime leaves, and chili paste into the pot. Simmer for 30 minutes until flavors meld, pumpkin is soft.

Serve over white rice and add more lime juice and fish sauce according to taste.