

# Pumpkin and Butter Bean Curry

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*This simple curry is mild, creamy and perfect to whip up in a hurry. It's one of those great meals that tastes as though you've spent hours slaving in the kitchen, when in reality you only spent 45 minutes cooking it!*

## Ingredients:

450g pumpkin, peeled and cubed  
150ml milk  
400g tin coconut milk  
1 400g tin butter beans  
250g spinach  
3 tbsp. red curry paste  
1 onion  
Handful chopped fresh coriander  
Salt and pepper  
2 tbsp. olive oil

## Directions:

1. Finely chop the onion.
2. Fry it in the olive oil until softened and browned.
3. Stir in the curry paste and fry for two minutes, then stir in the coconut milk, milk and pumpkin. Bring the mixture to a simmer and cook for 10-15 minutes until the pumpkin is tender.
4. Stir in the butter beans and simmer for another five minutes, stir in the spinach and coriander and cook for another 2 minutes then season well with salt and pepper.

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