SRI LANKAN · LUNCH · DINNER · SIDE

Sri Lankan Pumpkin Curry (Wattakka Kalu Pol)

40 min · Serves 4 · 346 kcal a serve · Video 6:00 · Ceylon Kitchen

Vegan · Gluten-free ingredients · Nut-free

A vegan vegetable curry: pumpkin makes it rich in vitamin A, a serve has about 6 g of fibre, and the gravy is thickened with roasted rice and coconut instead of cream. Coconut milk makes it rich, so it suits being one of several dishes with rice.

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Ingredients 19 · SERVES 4

- [ ] 3 tbsp **raw rice**, for the roasted rice-and-coconut powder
- [ ] 3 tbsp grated **fresh coconut** (about 15 g), for the roasted powder
- [ ] 5 **cardamom pods**, for the roasted powder
- [ ] a little **cinnamon** (half in the roasted powder, half in the curry)
- [ ] 500 g **pumpkin**, cut into chunks with the skin on
- [ ] 120 ml sliced **onion** (60 ml in the curry, 60 ml for the tempering)
- [ ] 2 **green chillies**, chopped
- [ ] 5–6 **garlic** cloves, sliced
- [ ] **curry leaves**, a sprig (for the curry and the tempering)
- [ ] a little **pandan leaf**
- [ ] ½ tsp **fenugreek seeds**
- [ ] 2 tsp **Sri Lankan curry powder**
- [ ] 1 tsp **turmeric powder** (½ tsp in the curry, ½ tsp in the tempering)
- [ ] 1½ tsp **salt**
- [ ] 240 ml **water**
- [ ] 350 ml **thick coconut milk**
- [ ] 1½ tbsp **oil**
- [ ] 1 tsp **mustard seeds**
- [ ] 1 tsp **ground black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Dry-roast the rice, grated coconut, cardamom and a little cinnamon in a pan until golden brown, then cool and crush to a fine powder. 0:24
2. Put the pumpkin in a clay pot or saucepan with 60 ml onion, the green chillies, garlic, some curry and pandan leaves, the rest of the cinnamon, fenugreek, curry powder, ½ tsp turmeric and the salt. 1:43
3. Pour in the water and coconut milk, mix well and cook over medium heat, then cover and cook for about 10 minutes until the pumpkin is tender. 2:44
4. For the tempering, heat the oil, fry the mustard seeds, curry leaves and pandan, then the remaining onion; stir in ½ tsp turmeric and tip it all into the curry. 3:29
5. Stir in the roasted rice-and-coconut powder and the pepper and cook, stirring, for 2 minutes until the gravy thickens. 4:58

> **Tip** Serves 4 (our estimate) as part of a rice-and-curry meal. Keep the pumpkin skin on so the pieces hold their shape. Butternut squash works too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
346 kcal	4.8 g	29 g
1,450 kJ	10% of a day	23 g net · 3.9 g sugars
		11% of a day

FIBRE	FAT	SODIUM
6.2 g	26 g	890 mg
22% of a day	19 g saturated	39% of a day
	34% of a day	

Energy from net carbs 27% · protein 6% · fat 67%

High in (20%+ of a day) Vitamin A 78% · Omega-3 34% · Vitamin C 28% · Iron 27% · Magnesium 21% · Vitamin E 21% · Selenium 20%

Source of (10–19%) Vitamin B6 17% · Potassium 14% · Folate 11% · Zinc 10%

Recipe and video: Ceylon Kitchen (@CeylonKitchen) on YouTube — youtube.com/watch?v=men069uZTek, published 1 May 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sri-lankan-pumpkin-curry-wattakka