

# Pigeon Pea and Pumpkin Dahl

*Preparation time: 90 min (incl shelling pigeon peas)*

*Cooking time: 45 minutes*

## **Ingredients:**

Pigeon Peas: 1.5 Cups shelled  
2 Cups cubed pumpkin (with skin if preferred)  
Oil for frying 2tsp  
Garlic 4 cloves crushed  
Onion 1 large chopped 1Tbl fresh grated ginger  
1Tbl fresh grated or 1tsp ground turmeric  
10 fresh curry leaves  
1tsp garam masala  
1-2tsp salt to taste  
6 Cups water



many hands working together

## **Method:**

Cook Pigeon Peas until soft in 4 Cups water in pressure cooker (at pressure) for 20 minutes. Alternately presoak and cook until just soft...

While Pigeon Peas are cooking fry onion & garlic in oil until translucent. Add salt, ginger, curry leaves and turmeric. Fry for a further 2 minutes.

Add cooked pigeon peas, pumpkin and water to almost cover ingredients. Bring to the boil. Cook until pumpkin is cooked (approx 10-15 minutes)

Serve with rice.