

OVERALL time: 60 mins

BUTTERNUT & CHICKPEA KORMA WITH BROWN & WILD RICE PILAU

Packed with pleasingly warm heat and heady with perfumed spice – it's our vegan butternut and chickpea korma with a brown and wild rice pilau. Because with **Cape Herb & Spice** in your pantry meatless Monday is anything but boring!

Metric

Number of servings : 4

ingredients

For the korma

- 2 Tbsp vegetable oil
- 1 Tbsp grated fresh ginger
- 3 Tbsp **Cape Herb and Spice Korma Curry Spice**
- 1 cup coconut milk
- 1 cup diced fresh tomato
- 1 tsp **Cape Herb and Spice Atlantic Sea Salt**
- 1 whole red chilli, finely sliced
- 0.5 cup water
- 1 large butternut, cut into cubes
- 2 400g tins chickpeas, drained
- 1 cup onion, finely chopped
- 3 large cloves garlic, finely minced

For the pilau

- 1 cup brown and wild rice mix
- 2 whole **Cape Herb and Spice True Cinnamon Quills**
- 5 pods **Cape Herb and Spice Cardamom Pods**
- 0.75 tsp **Cape Herb and Spice Atlantic Sea Salt**
- 2 cups water
- 0.5 cup golden sultanas
- 0.5 cup almonds, toasted in a dry saucepan and roughly chopped

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 40 mins

To make the korma:

Fry the onions over medium heat in vegetable oil until soft.

Add the ginger and garlic and fry for a further minute.

Add the **Cape Herb & Spice Korma Spice** and fry for a further minute.

Add the coconut milk, tomato, salt, chilli, water and butternut.

Cover with a lid and simmer over low heat until the butternut is soft, then add the chickpeas and warm through.

To make the pilau:

Place the rice, water, salt, cinnamon and cardamom in a deep saucepan. Bring to a boil, then cover and simmer over low heat for 30-40 minutes until rice is cooked.

Once cooked, remove the spices and stir in the sultanas and almonds.

Serve this korma and pilau with a dollop of low fat plain yoghurt and coriander leaves.

Recipe concept & photography by Lizet Hartley.

<https://www.capeherb.co.za>

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