Pumpkin Curry Created by Sunil Ranasinghe Cuisine: **Sri Lankan** Serves 2

Ingredients

200g Chicken, 2cm diced
150g pumpkin
1½ teaspoons curry powder
½ onion, diced
1 small chilli, finely sliced
1 teaspoon minced garlic
½ tsp wholegrain mustard
⅛ teaspoon chilli powder
¼ teaspoon turmeric powder
¼ teaspoon mustard seeds
¼ teaspoon ground mustard
400ml can coconut milk
½ teaspoon salt

2 teaspoons vegetable oil

Preparation

Wash and cut pumpkin into 2cm cubes.

In a large saucepan heat oil and fry the onions, chicken, pumpkin, garlic, chillies and mustard seeds.

In a small bowl, mix all the other ingredients and add to the saucepan. Continue to cook over a medium heat until the pumpkin is tender.

Serve with rice.

**Microwave Rice**

1 cup of rice

2 cups water

Mix the water and the rice in a microwave safe container in the ratio of 2:1 water: rice (2 cups of water for every cup of rice).

Cover with cling wrap twice, poke 3 holes in it to let out steam.

Put in the microwave and cook on high for 16 minutes.

Once done let the rice sit for about 3-5 minutes so that it finishes cooking then fluff it and serve.

