

Pumpkin & okra ragout with rice

Total time **50 mins** 20 mins preparation time 30 mins cooking time

INGREDIENTS

10 portion(s)

For the rice:

500 g basmati rice

For the ragout:

400 g okra pods (can be frozen)

400 g onion, chopped

12 g garlic cloves, chopped

60 g ginger, chopped

50 ml rapeseed oil

2 kg butternut squash, diced
(3 x 3 cm)

500 g tinned chickpeas, drained

120 g tomato purée

40 ml Kikkoman Naturally
Brewed Tamari Gluten
free Soy Sauce

800 ml coconut milk

60 ml lime juice

2 g salt, to taste

2 g freshly ground black
pepper

6 g ground cumin seeds

10 g harissa or curry powder

For garnishing:

3 g coriander leaves
(optional)

PREPARATION

Step 1

Cook the rice according to the packet instructions.

Step 2

Wash the okra pods and blanch them in boiling water for about 1 minute, then cool in ice water.

Step 3

Blend the onion, garlic and ginger into a purée.

Step 4

Heat the oil in a large saucepan and fry the onion-garlic paste for 2 minutes.

Step 5

Add the diced pumpkin, chickpeas, tomato purée and Kikkoman Gluten free Soy Sauce to the same pan. Fry everything together for about 5 minutes. Add the coconut milk, lime juice, pepper and cumin. Season with the harissa and simmer covered for about 15 minutes. Add the okra towards the end and simmer for a further 2–3 minutes.

Step 6

Serve with the rice and garnish with the coriander leaves.