

YIELD: 4

Thai Pumpkin Curry

PREP TIME

15 minutes

COOK TIME

25 minutes

ADDITIONAL TIME

40 minutes

TOTAL TIME

1 hour 20 minutes

Ingredients

- 1 tablespoon coconut oil
- 1 small yellow onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1-2 tablespoons red curry paste (vegetarian if desired)
- 1 (14-ounce) can full-fat coconut milk
- 1 tablespoon fish sauce (omit for vegetarian)
- 1 teaspoon sugar (adjust to taste)
- 2 cups pumpkin or squash*, cut into 1-inch cubes
- 2 teaspoons freshly grated ginger
- 2 cups thinly sliced collard green leaves
- Optional garnishes: chopped peanuts, fresh cilantro, lime wedges, chili crisp



Instructions

1. Heat the coconut oil in a large pot over medium heat. Add the onion and bell pepper, sautéing until they begin to soften, about 2-3 minutes.
2. Add the garlic, stirring for 30 seconds until fragrant. Stir in the red curry paste and let it bloom for about 1 minute.
3. Pour in the coconut milk, stirring to mix with the curry paste. Season with the fish sauce and sugar, stirring well.
4. Add the pumpkin cubes and bring the mixture to a gentle boil. Cover, reduce the heat, and let it simmer for 15-20 minutes, or until the pumpkin is tender.
5. Stir in the grated ginger and greens and recover the pot. Let cook for an additional 5 minutes, until the greens are softened. Taste and adjust the seasoning if needed.
6. Serve hot, garnished with sriracha, chopped peanuts, cilantro, and lime wedges, if desired.

Notes

Ingredient Substitutions

- **Pumpkin Alternative:** This recipe uses Red Kuri squash, which has a mild, nutty sweetness and creamy texture, making it a great fit for curry. This type of squash doesn't need to be peeled before cooking, giving it an advantage over standard pumpkins which can be quite difficult to peel. Butternut or Kabocha squash are good substitutes if Red Kuri isn't available, however you'll need to peel them.
- **Leafy Greens:** Feel free to replace the collard greens with Swiss chard, kale, or spinach. If using spinach, stir it in directly before serving as it will wilt very quickly.
- **Optional garnishes:** chopped peanuts, fresh cilantro, lime wedges, chili crisp.

Storage, Freezing, and Reheating

- **Refrigerate:** Store leftovers in an airtight container in the fridge for up to 3 days, letting the flavors continue to develop.
- **Freeze:** Portion into freezer-safe containers or bags, leaving room for expansion. Freeze for up to 2 months.
- **Reheat:** For the best texture, reheat the curry in a pot over low heat, stirring occasionally. If it thickens, add a splash of coconut milk or broth to loosen. Alternatively, microwave in 1-minute increments, stirring in between.



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CUISINE: Thai / **CATEGORY:** Main Dishes

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