KIKKOMAN

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.