

Kadoo Borani (Dari braised pumpkin with garlicky yogurt)

Serves 3–4 · ~30 minutes · Vegetarian



Photo: courtesy of Lambros

Ingredients

Main

- 600 g butternut squash or pumpkin, peeled & cut in 2 cm cubes
- 1 large yellow onion, thinly sliced
- 2 garlic cloves, minced
- 150–200 ml crushed tomatoes or passata
- 1 tsp sugar
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp turmeric
- ½ tsp sweet paprika
- Pinch chilli flakes (optional)
- 1 tsp salt (to taste) + black pepper
- 2–3 tbsp rapeseed oil
- 1–2 tbsp water as needed

- Squeeze of lemon or 1 tsp apple cider vinegar (to finish)

Garlic yoghurt

- 2 dl thick yoghurt (Turkish/Greek)
- 1 small garlic clove, grated
- Pinch salt
- 1 tsp dried mint (or a little fresh dill/mint), optional

To serve

- Naan, libabröd or tunnbröd; or plain basmati rice

Steps

- 1 **Yogurt sauce (1 min).** Stir yoghurt, garlic, salt (and dried mint if using). Chill.
- 2 **Sauté (5–6 min).** In a wide pan, warm oil over medium. Cook onion with a pinch of salt until soft. Add garlic, cumin, coriander, turmeric, paprika, chilli; stir 30 seconds.
- 3 **Braise (12–14 min).** Add pumpkin, sugar, tomatoes, 1 tbsp water and ½ tsp salt. Stir, cover, and simmer gently, stirring once or twice, until pumpkin is tender but holds shape. If it dries, add another spoon of water.
- 4 **Finish (1 min).** Season to taste with salt/pepper and a squeeze of lemon or a splash of vinegar to brighten.
- 5 **Serve.** Spoon a bed of garlic yoghurt on plates, pile the pumpkin on top, drizzle a little of its sauce and more yoghurt. Eat with warm bread or rice.

Notes

Even faster: use pre-peeled butternut or microwave the cubed pumpkin 3–4 minutes before step 3. Add protein: a handful of cooked chickpeas can steam with the pumpkin. Make it richer: finish with a knob of butter.