

October Recipe

Butternut Squash and red lentil dhal

Serves 4

Preparation time 15 minutes

Cooking time 35 minutes



Butternut squash and pumpkin are similar so you could use either in this recipe. If peeling and chopping is tricky, look out for frozen butternut squash as it comes ready prepared. You may like to serve it with naan or pitta bread.

Ingredients

- 1 tbsp oil
- 1 onion, finely chopped
- 2 garlic gloves, finely chopped
- 3 tbsp of curry powder (or one tbsp each of coriander, cumin & turmeric)
- 1 tsp cayenne pepper
- About 400g (prepared weight) butternut squash or pumpkin, peeled and cut into cubes
- 400g tin of chopped tomatoes
- 1 litre of vegetable stock
- 300g dried red lentils
- Small packet of coriander, roughly chopped

Instructions

1. Prepare all your ingredients first.
2. Add the oil and the onion to a pan and cook over a medium heat for about five minutes. Next add the garlic, butternut squash and spices and stir it all together. Add the stock and the tinned tomatoes and bring the pan to the boil, then gently simmer for about 10 minutes.
3. Add the red lentils and leave to simmer for another 20 minutes. When the butternut squash and lentils are tender stir through the coriander and serve with naan bread.