



ZANNIE KROGH

NUTRITIONAL THERAPIST

BUTTERNUT SQUASH, SPINACH & RED LENTIAL DHAL

Recipe inspired by Anna Jones.

Serves 4

Ingredients

- 1 x tsp of coconut oil
- 150g red lentils
- 1 x butternut squash, peeled and cubed
- 1 x onion, finely sliced
- 200g spinach
- 2 x garlic cloves, finely chopped
- 3 x tbsp of garam masala
- ¼ tsp of ground cloves – optional
- 2 x green chillies, deseeded and chopped
- 1 pinch of cinnamon
- 1 x tsp turmeric
- 1 x 400g tin of coconut milk
- ½ vegetable stock cube

Method

- Pre-heat the oven to 200c fan
- Wash the lentils in cold water and put in a bowl of cold water to soak.
- Place the cubed butternut squash on a baking tray with some oil, salt, pepper and a teaspoon of garam masala. Cover with foil and roast for 20 minutes, then another 10 minutes with the foil off.
- Heat a splash of oil in a saucepan and add the garlic, chillies and cinnamon and cook for 10 minutes, until soft.
- Add the rest of the garam masala, turmeric and ground cloves.
- Drain add the lentils, coconut milk, stock cube and 200ml of hot water and bring to the boil. Turn heat down and simmer for 10 minutes until the mixture has thickened. Stir in the spinach.
- Once the butternut squash is cooked, stir in the dahl.
- Serve with a roti/chapati and top with the remaining roasted butternut squash.