



## Lunch

# Spicy Dhal with Butternut Squash

306  
kcal

200ml (7fl oz) stock  
1 onion, chopped  
1 clove garlic, crushed (or 1 tsp chopped garlic)  
1 tsp chopped fresh root ginger  
1 tsp curry paste  
100g (3½oz) butternut squash  
Seeds of 1 cardamom pod  
½ tsp cumin seeds  
60g (2oz) red split lentils (dry weight)  
½ tsp ground turmeric  
Freshly ground black pepper  
1 tbsp chopped fresh coriander  
1 tbsp low-fat natural yoghurt  
80g (3oz) cooked spinach or green vegetables

Add 2 tbsp of the stock to a non-stick pan, heat gently then add the onion, garlic, ginger and curry paste in a saucepan and cook for 5 minutes, stirring occasionally.

Add the butternut squash, cardamom and cumin seeds and cook for 4-5 minutes.

Stir in the lentils, turmeric and the rest of the stock. Bring to the boil, then cover the pan and reduce the heat.

Simmer gently for 20-25 minutes, until thickened, with all of the stock absorbed and the sweet potato cooked. Steam the spinach or green vegetables until tender.

Season the dhal to taste with black pepper, stir in the coriander and yoghurt, and serve with the green vegetables or spinach.

### Tip

*Instead of cooking the vegetables separately, you could add them to the dhal while it's cooking – try sliced courgette, diced carrot or pumpkin.*