

# Recipe of the week



## Lentil and Squash Curry

### Ingredients

- 1 tbsp vegetable oil
- 500g butternut squash (about 1 small squash), peeled and chopped into bite-sized chunks
- 100g frozen chopped onions or one small onion
- 4 heaped tbsp mild curry paste
- 400g can chopped tomatoes
- 400g can light coconut milk
- 400g can lentils, drained
- 200g bag baby spinach
- 150ml coconut yogurt, plus extra to serve
- Naan bread, to serve

### Method

1. Heat the oil in a large pan.
2. Put the squash in a bowl with a splash of water. Cover with cling film and microwave on high for 10 minutes or until tender.
3. Meanwhile, add the onions to the hot oil and cook for a few minutes until soft.
4. Add the curry paste, tomatoes and coconut milk, and simmer for 10 minutes until thickened to a rich sauce.
5. Warm the naan breads in a low oven.
6. Drain any liquid from the squash, then add to the sauce with the lentils, spinach and some seasoning. Simmer for a further 2-3 minutes to wilt the spinach, then stir in the coconut yogurt.
7. Serve with the warm naan and a dollop of extra yogurt.