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## Coconut Dal with Roasted Butternut Squash, Onion Textures and Warm Flatbreads

This recipe is a total stonker. With a good kick of chilli it's just the ticket for a windy weeknight. 'Onion textures' sound a little more posh than they need to - it just means some nice crunchy onions to add a bit of textural contrast to your dal. To make them really crispy, get the oil nice and hot and don't overcrowd the pan. If they have a bit of space to cook then they'll fry well (instead of stewing), which will give you a perfect finish. Enjoy!



40 mins



spicy



5 of your  
5 a day



eat within  
2 days



veggie



Butternut Squash (½)



Curry Powder  
(1 tbsp)



Onion (½)



Red Chilli (½)



Vine Tomato (2)



Coriander  
(½ bunch)



Water (50ml)



Vegetable Stock Pot  
(1)



Coconut Milk  
(200ml)



Red Split Lentils  
(100g)



Flour  
(2 tbsp)



Flatbread  
(2)



Pumpkin Seeds  
(15g)

## 2 PEOPLE INGREDIENTS

- Butternut Squash, chopped ½
- Curry Powder 1 tbsp
- Onion, sliced ½
- Red Chilli, chopped ½
- Vine Tomato, chopped 2
- Coriander, chopped ½ bunch
- Water 50ml
- Vegetable Stock Pot 1
- Coconut Milk 200ml
- Red Split Lentils 100g
- Flour 2 tbsp
- Flatbread 2
- Pumpkin Seeds 15g

**Allergens:** Mustard, Celery, Gluten, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	755 kcal / 3178 kJ	26 g	17 g	103 g	19 g	29 g	3 g
<b>Per 100g</b>	114 kcal / 479 kJ	4 g	3 g	15 g	3 g	4 g	0 g

🌱 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Pumpkin seeds are packed full of heart healthy monounsaturated and omega-3 fats!

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



**1** Preheat your oven to 200 degrees. Cut the **butternut squash** in half lengthways (no need to peel) and scoop out the seeds. Slice it widthways to about 1cm wide slices (we want to be able to cook this nice and quickly). Now chop it into 1cm cubes. Pop your **butternut squash** on a baking tray and pour over a good glug of **olive oil**. Sprinkle over half the **curry powder** and season with a pinch of **salt** and a good grind of **black pepper**. Roast in your oven on the top shelf for 25 mins, until golden and cooked through. Turn once halfway through to ensure your squash cooks evenly.



**2** Cut the **onion** in half through the root, peel and slice thinly into half moon shapes. Cut the **chilli** in half lengthways, remove the seeds and finely chop. Chop the **tomato** into 2cm chunks. Roughly chop the **coriander**.



**3** Boil the **water** (amount specified in the ingredient list). Heat a splash of **oil** in a saucepan on medium heat and once hot, add as much **red chilli** as you dare. Now add the rest of the **curry powder**. After 1 minute, add your **tomato** and cook for 1 minute more.



**4** Add your **boiling water**, the **vegetable stock pot** and **coconut milk** to your **tomato mixture**. Rinse the **red lentils** under water for 1 minute then add them too. Leave on a gentle simmer for 15 mins, stirring occasionally to check your lentils don't catch on the bottom of your pan. This is your dal!

**5** Separate your **onion slices**. Toss them in the **flour** with a pinch of **salt** and a grind of **black pepper**. Heat a splash of **oil** in a frying pan on high heat until really hot. Fry your **onion** until crispy, then remove to kitchen paper.

**6** Warm the **flatbreads** in your oven for 3-4 mins. Remove from your oven, add a drizzle of **olive oil** and a sprinkling of **coriander**.

**7** Once your **dal** has thickened, taste for seasoning and add **salt** and **black pepper** if necessary. Stir through your remaining **coriander**. Serve in big bowls with your **roasted butternut squash**, **onion textures** and **pumpkin seeds** stacked on top. Mop up with a hunk of **flatbread**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!