

Butternut squash & lentils (2+ portions; 45min)

Adapted from: <https://www.bbcgoodfood.com/recipes/squash-lentil-bean-one-pot-fig-raita>

For the pot

400g pack of prepared butternut squash

1 red onion

1 white onion

6 tbsp olive oil for frying

1 tsp paprika

½ tsp salt

½ tsp cracked black pepper

2 tsp ground cumin

pinch of chilli flakes (optional)

1 tin chopped plum tomatoes

150g dried red lentils

2 tsp muscovado sugar

2 tsp wine or cider vinegar

1 can kidney beans

Slice the onions, heat the oil in a pan, and fry the onions for 2 min on medium heat.

Chop the squash into chunks and add to the pot. Turn up the heat and fry for 5 min.

Boil the kettle, measure out the spices and add to the pot, and fry for a minute.

Add the tomatoes, sugar, vinegar, 1 can of hot water, and the lentils. Mix well, bring to the boil and simmer for 5 minutes.

Rinse the beans, add to the pot, and simmer for 20 minutes. (You can put the beans in a bit later if you prefer them less soft.)

Mix well, turn off the heat, and leave to stand for 2 minutes before serving.

For the yog (optional)

150ml greek yoghurt

handful of fresh mint leaves or dried fruit

Chop the additions into small pieces and mix with the yoghurt.

It goes nicely, but the main dish also tastes good by itself – you can always reduce the chilli a bit if you prefer less heat but don't want the yoghurt on the side.