

Butternut squash & lentils (5 portions; 50 min)

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

For the pot

2 x 400g pack of prepared butternut squash
2 large red onions (about 500g)
2 large white onion (about 500g)
8-12 tbsp olive oil for frying

2 tsp paprika
1 tsp salt
1 tsp cracked black pepper
4 tsp ground cumin
pinch of chilli flakes (optional)

2 tins plum tomatoes
300g dried red lentils
4 tsp muscovado sugar
4 tsp wine or cider vinegar

2 cans kidney or canellini beans

Slice the onions, heat the oil in a pan, and fry the onions for 3-5 min on medium heat.
Chop the squash into chunks and add to the pot, with a bit more oil if needed.
Turn up the heat and cook for another 5 min.

Boil the kettle, measure out the spices and add to the pot, and fry for a minute.
Add the tomatoes and break them up. Add 1½ cans of hot water, then the vinegar, sugar, and lentils. Mix well, bring to the boil and simmer for 5 minutes.

Rinse the beans, add to the pot, and simmer for 25 minutes, mixing occasionally.

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.