



# BUTTERNUT SQUASH DAL

with Brown Rice, Ginger and Turmeric



NUTRITIONIST APPROVED



## HELLO BUTTERNUT SQUASH

Butternut squash is a good source of vitamin A, especially beta carotene, which gives the butternut squash its rich orange colour. Vitamin A contributes to the maintenance of normal vision.



Onion



Ginger



Ground Cumin



Garlic Clove



Ground Turmeric



Nigella Seeds



Split Red Lentils



Vine Tomato



Diced Butternut Squash



Baby Spinach



Green Chilli



Brown Basmati Rice



Vegetable Stock Powder



Coriander

MEAL BAG 8

45 mins

4 of your 5 a day

Vegan

Balanced

Under 550 calories

Low in sat fat

Packed with delicious, good-for-you ingredients, our warming butternut squash dal is the perfect recipe for cosy nights at home. Bright, delicious, and a rich source of Vitamin A and potassium, butternut squash is a great vegetable to bulk out stews, sauces and curries. In this recipe, we've roasted the squash in cumin, adding it to the dal at the very end, bringing a sweetness to the dish that works brilliantly with punchier flavours like ginger, turmeric and garlic. Served with nutty brown rice to keep you feeling full, this wholesome dish is a guaranteed crowd-pleaser.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Large Saucepan** (with a **Lid**), **Sieve**, some **Baking Paper**, a **Baking Tray**, **Large Frying Pan** and **Measuring Jug**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 200°C. Fill and boil your kettle. Halve, peel and chop the **onion** into small pieces. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Chop the **vine tomato** into 2cm chunks. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop.



### 2 COOK THE RICE

Pour the boiling water from the kettle into a large saucepan and bring back to the boil with a pinch of **salt**. When boiling, stir in the **brown rice** and **half** the **stock powder**. Cook for 25 mins. **★ TIP:** Add more water if it starts to evaporate too much. When cooked, drain the **rice** thoroughly in a sieve and return to the saucepan, off the heat. Cover with a lid to keep warm.



### 3 ROAST THE SQUASH

Meanwhile, pop the **diced squash** onto a lined baking tray and sprinkle over **half** of the **ground cumin**, a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss to coat the **squash** well, then arrange in a single layer. Pop on the top shelf of your oven and cook until tender and golden, 25-30 mins. Turn halfway through cooking.



### 4 START THE DAL

Heat a splash of **oil** in a large high-sided frying pan on medium heat. Once hot, add the **onion** and cook until soft, stirring occasionally, 3-4 mins. Mix in the **ginger**, **garlic**, **turmeric**, **nigella seeds**, remaining **cumin**, **vine tomato** and as much **chilli** as you dare. Cook for 1 minute. Rinse the **red lentils** in a sieve then add to the pan. Stir well to coat the **lentils** then add the **water** (see ingredients for amount) and remaining **stock powder** to the pan.



### 5 SIMMER THE DAL

Bring the **dal** to the boil then reduce the heat. Simmer until the **lentils** are tender and the **water** has been absorbed, 15-20 mins. Stir occasionally to check the **lentils** don't catch on the bottom of the pan. Once the **dal** has thickened and the **lentils** are cooked, add in the **spinach** one handful at a time and gently stir until wilted.



### 6 SERVE

Once everything is ready, stir **half** the **coriander** through the **dal** and season to taste with **salt** and **black pepper** if needed. Share the **rice** between your bowls with the **dal** spooned on top. Finish with a stack of **butternut squash** and sprinkle over the remaining **coriander**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Onion *	1	2	2
Ginger *	½ piece	¾ piece	1 piece
Ground Cumin	1 small pot	¾ large pot	1 large pot
Garlic Clove *	1	2	2
Ground Turmeric	1 pot	1½ pots	2 pots
Nigella Seeds	½ pot	¾ pot	1 pot
Split Red Lentils	100g	150g	200g
Water*	600ml	800ml	1.2ltr
Vine Tomato	2	3	4
Diced Butternut Squash *	1 small pack	1 medium pack	1 large pack
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Green Chilli *	½	½	1
Brown Basmati Rice	150g	225g	300g
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Coriander *	1 bunch	1 bunch	1 bunch

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 527G	PER 100G
Energy (kJ/kcal)	2295 / 549	436 / 104
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	107	20
Sugars (g)	18	3
Protein (g)	24	5
Salt (g)	1.03	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

10) Celery

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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