



# Prawn and Roasted Butternut Squash Dal with Spring Onions

**Classic** 40 Minutes • Medium Spice • 1 of your 5 a day

6



Red Onion



Butternut Squash



Garlic Clove



Rogan Josh Curry Paste



Coconut Milk



Vegetable Stock Powder



Red Split Lentils



Spring Onion



King Prawns

## Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Garlic press, baking tray, frying pan and measuring jug.

## Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Butternut Squash**	1	2	2
Garlic Clove**	1	2	2
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Dal*	250ml	375ml	500ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Red Split Lentils	100g	150g	200g
Spring Onion**	1	2	2
King Prawns** <b>5</b>	150g	225g	300g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	618g	100g
Energy (kJ/kcal)	2448 / 585	396 / 95
Fat (g)	24	4
Sat. Fat (g)	17	3
Carbohydrate (g)	65	11
Sugars (g)	19	3
Protein (g)	30	5
Salt (g)	2.56	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

5) Crustaceans 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

Preheat your oven to 200C. Halve, peel and thinly slice the **red onion**. Trim the **butternut squash** then halve lengthways and scoop out the seeds (peel first if you prefer). Chop it widthways into 1cm slices, then chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press).



## Roast the Butternut

Pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use *two baking trays if necessary*. When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through. Once cooked, remove from your oven.



## Start the Dal

Meanwhile, heat a drizzle of **oil** in a large frying pan over medium-high heat. Add the **onion** and cook, stirring frequently, until soft and golden, 7-8 mins.



## Simmer the Dal

Add the **rogan josh curry paste** and **garlic** to the **onions** and cook, stirring, for 1 min. Stir in the **coconut milk**, **water for the dal** (see ingredients for both amounts) and **vegetable stock powder**. Add the **lentils**, stir and bring to a simmer. Reduce the heat and cover with a lid (or some foil) and cook until the **lentils** are soft, 20-25 mins. Stir often to ensure the **lentils** don't stick to the bottom of the pan.



## Cook the Prawns

While the **lentils** cook, trim and thinly slice the **spring onion**. Once the **lentils** are cooked, stir through the **prawns**. Cover with a lid and simmer until the **prawns** are cooked through, 3-4 mins. **IMPORTANT:** *Wash your hands after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.*



## Finish and Serve

Add a splash of **water** to the **dal** if you need to. Stir **two thirds** of the **roasted butternut** through the **dal**, then divide between bowls and top with the remaining **roasted butternut** and the **spring onion**.

Enjoy!