

Butternut and Lentil Curry



INGREDIENTS

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| 1.5 tbsp oil | 1 tsp turmeric powder |
| 1 onion | 1/2 tsp smoked paprika |
| 1 thumb size piece of ginger | 2 tsp brown sugar |
| 3-4 large garlic cloves | 1/2 tsp salt |
| 1/2 jalapeño | 1/2 cup water |
| 2 tbsp curry paste | 1 can coconut milk |
| 1 cup diced butternut squash | 1 lime |
| 1/4 cup split red lentils | Coriander to serve |
| 1 tsp coriander powder | |

METHOD

Heat oil in a pan on stove-top on medium heat.

Once the oil is hot, add the onion, ginger, garlic, jalapeño and sauté 3 minutes until the onions soften.

Add curry paste and stir, followed by squash and lentils.

Add the spices, sugar and salt and stir well.

Add water, lower the heat to low-medium and let it cook until the squash and lentils are cooked through, around 15 to 18 minutes.

Cover the pot. Add coconut milk, lime juice, coriander and simmer 2-3 minutes.