

GREAT RECIPE IDEAS FOR YOUR FOOD DONATIONS



SPINACH, SQUASH & LENTIL DAHL WITH RAITA

Perfect as a vegetarian main or a side dish, this hearty red lentil dahl uses butternut squash for a healthy twist on an Indian classic. Served with a dollop of yogurt raita, it makes a warming dish for those winter nights ahead.

Serves 8

Prep time: 15 minutes

Cooking time: 40 minutes

INGREDIENTS

- 2 tbsp oil
- 2 white onions, finely chopped
- 2 garlic cloves, crushed
- Large piece of ginger, peeled and finely chopped
- 2 red chillies, finely chopped
- 2 tsp ground turmeric
- 2 tsp ground cumin
- 2 tsp coriander
- 800g butternut squash, peeled, deseeded and cut into even 1cm cubes
- 500g red split lentils
- 600ml reduced salt vegetable stock
- 600ml **Alpro No Sugars Almond drink**
- 160g fresh spinach
- Fresh coriander for garnish

For the Raita

- Handful of fresh mint, finely chopped
- Half a cucumber, seeds removed and diced
- 1 green chilli, finely chopped
- 200g **Alpro Plain No Sugars alternative to yogurt**
- Black pepper to season

METHOD

1. Heat 2 tbsp oil in a large pan with a tight-fitting lid. Add the chopped onion and cook over a low heat for 5 minutes, stirring occasionally until softened.
2. Add the crushed garlic cloves, chopped ginger and red chillies and cook for a further 1 minute. Add the turmeric, cumin, coriander and cook for 1 minute more.
3. Turn up the heat to medium, add the squash cubes and stir everything together so the squash is coated in the spice mixture.
4. Stir in the red split lentils, vegetable stock and **Alpro No Sugars Almond drink**. Bring to the boil, then reduce the heat, cover and cook for 30 minutes until the lentils are tender.
5. Meanwhile, mix together all the ingredients for the raita. Cover with cling film and chill in fridge until ready to serve.
6. To finish, taste and adjust the seasoning of the dahl, then gently stir in the spinach. Cook for another 2-3 minutes.
7. Top with chopped coriander leaves, a lovely dollop of raita and serve with naan breads, rice or chapatti.