

Butternut Squash and Lentil Soup Week 3

Ingredients

- 1 small onion, chopped
- 1 tablespoon ground nut oil
- 1 tablespoon finely chopped fresh root ginger
- 1 clove garlic, chopped
- 1 pinch fenugreek seeds
- 190g dry red lentils
- 225g butternut squash, peeled, seeded and cubed
- 5 tablespoons finely chopped fresh coriander

- 475ml water
- 1/2 (400ml) tin coconut milk
- 2 tablespoons tomato puree
- 1 teaspoon curry powder
- 1 pinch cayenne pepper
- 1 pinch ground nutmeg

Method

Heat the oil in a large pot over medium heat and cook the onion, ginger, garlic and fenugreek until onion is tender.

Mix the lentils, squash and coriander into the pot. Stir in the water, coconut milk and tomato puree. Season with curry powder, cayenne pepper, nutmeg, salt and pepper. Bring to the boil, reduce heat to low and simmer 30 minutes or until lentils and squash are tender.