


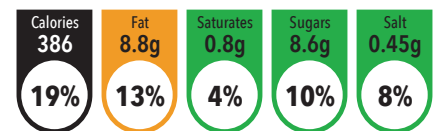




## ROASTED SQUASH TADKA DAL

-  **Prep: 15 minutes**
-  **Cook: 30 minutes**
-  **Serves: 4**

Each serving contains



of your guideline daily amount

### Ingredients:

- 300g peeled butternut squash, diced
- 2 tsp oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tbsp grated ginger
- 1 tsp garam masala
- 1 tsp curry powder
- ½ tsp turmeric
- 1 tsp **LoSalt**
- 300g red split lentils, rinsed
- 4 fresh tomatoes, chopped
- ½ x 25g coriander, leaves chopped

#### Tadka oil:

- ½ tbsp oil
- 1 tsp black mustard seeds
- Pinch dried chilli flakes
- ½ tbsp dried curry leaves

### COOKS TIP:

Make ahead as the flavours will continue to develop, just add a splash of water if required when reheating. Or freeze in individual portions. Great served with basmati rice.

### Method:

1. Preheat the oven to 200°C, gas mark 6.
2. Toss the squash in 1 tsp oil and lay on a baking tray. Bake for 20-25 minutes until tender.
3. Meanwhile, heat 1 tsp oil in a large saucepan and fry the onion for 3-4 minutes, add the garlic and ginger and fry for 1 minute before stirring in the spices and **LoSalt**.
4. Add in the lentils and 700ml water. Cover and bring to the boil, simmer on a low heat for 15-20 minutes, stirring occasionally. Add the tomatoes and roasted squash and cook for 5 minutes, then stir in ¾ coriander.
5. To serve, heat the remaining oil in a small saucepan and add the mustard seeds, chilli flakes and curry leaves and heat gently for a few seconds until fragrant. Drizzle over the dal and sprinkle with remaining coriander.