



Moroccan Spiced Butternut Squash and Lentil Stew

Serves 4
Free at Mealtimes

This vegan one pot wonder is packed full of flavour and goodness. It's a wonderful plant based meal that the whole family will love!

Ingredients

- 1 whole butternut squash, sliced in half lengthways
- 1 large onion, diced
- 6 cloves of garlic, crushed
- 2 tsp cumin
- 1 tsp cinnamon
- 1 tsp turmeric
- 1/4 tsp cayenne pepper
- 1 tin of plum tomatoes
- 1 vegetable stock cube
- 1 tin of green lentils, rinsed and drained
- 1 tin of black beans/chickpeas or butter beans (whatever you have in the press)
- salt and pepper
- Juice of half a lemon
- freshly chopped coriander to serve

Method

Firstly, air-fry the butternut squash for 30 minutes at 200, cut side down. We recommend you do this in advance as it saves time and easier to handle. Once cool, scoop out the seeds, peel and chop into chunks.

Heat a large pot and spray with oil. Under a low heat, cook the onions and garlic for a few minutes until softened.

Stir in spices and cook for one minute, stirring continuously. add in the cooked squash, tomatoes, 3/4 tin of water, the lentils, beans and stock cube.

Bring to the boil and then simmer for 10 minutes. Season to perfection and serve with a dollop of 0% greek yoghurt and some freshly chopped coriander and/or basil,