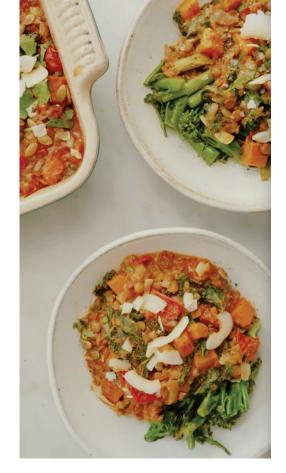


Curried coconut, kale & lentil bake

Ingredients

2 tbsp olive oil
1 red onion
2-3 cloves of garlic
1-inch ginger, grated
2 tbsp curry powder
2 cups kale, washed and roughly chopped
1 cup butternut squash, chopped
¾ cup puy lentils
2½ cup water or vegetable stock
400ml (1 can) coconut milk
1/3 cup semi-sundried tomatoes (optional)



Toppings: 1 handful coriander, toasted coconut, pumpkin seeds Salad leaves (or other green vegetable), to serve Salt & pepper, to taste

<u>Method</u>

- 1. Preheat oven to 200c.
- Add 1 tbsp olive oil to a pan and sauté onion until tender. Add garlic, ginger, curry powder and lentils and sauté for a further minute. Add water and bring to the boil. Then reduce heat to a light simmer, cover and cook for 20 minutes, until the lentils are softened, but still with a bite (al dente).
- 3. While the lentils are cooking, peel and dice butternut squash and place on a roasting dish with 1 tbsp olive oil, salt and pepper. Roast for about 15-20 minutes or until al dente. Leave the oven on.
- 4. Once the lentils are cooked, turn off the heat and stir in coconut milk and kale. Allow the kale to soften for 1-2 minutes and then stir in the butternut squash.
- 5. Place mixture into the baking dish used for roasting your squash and bake for 15-20mins.
- 6. To serve, top with toasted pumpkin seeds, coriander and coconut shavings.

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