

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

Method

1. Preheat oven to 200c.
2. 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.

