

Difficulty:
Easy



Time:
30 minutes



Squash dhansak

with rice



What is it?

A curry bursting with flavour and veggies
yummy!

**AVERAGE COST
PER PERSON
£1.41**

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Butternut squash	250g	375g	500g
Onion	1/2	3/4	1
Curry paste	30g	45g	60g
Chopped tomatoes	200g	300g	400g
Coconut milk	200g	300g	400g
Green lentils	1/2 tin	3/4 tin	1 tin
Spinach	100g	150g	200g
Mushrooms	50g	75g	100g
Rice	125g	190g	250g

Kit list:

- Saucepan
- Microwave

Make it your own!

You could add a bit of heat by using a different strength of curry paste and adding some chopped chilli.

**Celebrate Family
Food**

Charity no.
1125784



What to do:

Step 1: Peel and dice the squash place in a bowl with a splash of water, cover and place in a microwave for 10 minutes



Step 2: Peel and slice your onion put in a fry pan with a little bit of oil once soft and sliced mushrooms cook for a further 5 minutes.

Step 3: Meanwhile in a saucepan boil rice to your liking.

Step 4: Add the paste, tomatoes, coconut and spinach to the onions and mushrooms and simmer for 10 minutes until thickened then add the drained lentils.



Step 5: Drain the squash and add to the sauce, season to taste.

Step 6: Drain the rice and serve with the curry enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!

