Recipe

squash and chickpea curry

With a delicious combination of flavours, this creamy curry dish is guaranteed to make your mouth water. Simmered with coconut milk, ginger, cumin, turmeric, curry powder, butternut squash and chickpeas and finished with kale and a squeeze of lime juice for freshness! This dish is set to be a winner especially when finished off with some brown rice, naan bread and natural yoghurt.

Ingredients

A glug of cooking oil

1 onion - diced

4 garlic cloves - finely chopped

Thumb of ginger - finely chopped

1/2 tsp tumeric

Pinch of chilli flakes

1 tbsp mild curry powder

60g red lentils

1 butternut squash - diced

3 tins of chickpeas - drained

800ml coconut milk

500ml water

1 veg stock cube

Handful of kale - chopped

Juice of 1/2 a lime

Method

add oil to a medium heat pan, add the diced onion and cook gently for at least 10 minutes until softened and golden

add finely chopped garlic and ginger and mix well until combined and fragrant

add turmeric, cumin, chilli and mild curry powder and mix well until combined

add lentils, squash, chickpeas, coconut milk, water and veg stock and simmer for at least 40 minutes until sauce is reduced and squash is cooked

once sauce has reduced and thickened, add kale and lime juice, stir well and serve with brown rice, naan breads and a yoghurt dip

Please note: This recipe is correct at the time of publication on 15/08/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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