



BIG  
BATCH

## SQUASH DAHL

### INGREDIENTS

- 1 large onion
- 4 garlic cloves
- 5cm ginger
- 1 fresh chilli / 1 tsp dried chilli
- 4 Tbsp olive oil
- 1 small squash (max 800g)
- 500g red split lentils
- 2 tsp mustard seeds
- 1 tsp cumin seeds
- 1 Tbsp curry leaves
- handful fresh coriander

### PREPARATION

1. Prepare all the ingredients.
2. Heat the oil, add finely cut onion and mashed garlic cloves, fry till soft. Add finely chopped cilantro stalks and peeled and grated ginger, stir well. Finally add all the spices, while stirring constantly.
3. Wash and discard all the seeds from the squash and chop in 2cm chunks, leaving the skin on, it will get soft when cooked.
4. Add the squash into the pot, then all the lentils and pour 1.5 litres of boiling water over it. Let it simmer for about 30mins or till very soft.
5. After its cooked through, remove from the stove and using the potato masher, fold all together into a creamy Dahl and season to perfection with salt and pepper.
6. Let it sit for a while and then serve with chopped veggies. Store portions in a freezer for later.