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100% Organic



Squash, Courgette, Spinach and Lentil Curry

With Coconut Basmati Rice

Cooking Time 40 mins

This box contains

All ingredients are 100% organic

- 1 x onion
- 2 x garlic cloves
- 1 tsp turmeric
- 2 tsp garam masala
- 150g red lentils
- 1 x butternut squash
- 1 x courgette
- 2 x red chillies
- 400ml coconut milk
- 150g spinach
- 1 x lime
- 25g parsley
- 150g basmati rice



Ingredients & Preparation

Serves: 2

Wash vegetables before use

1 tbsp cooking oil

1 organic onion, finely chopped

2 organic garlic cloves, finely chopped

1tsp organic turmeric

2 tsp organic garam masala

150g organic red lentils, rinsed

1 small organic butternut squash (250g) skin-on, cored, chop into 2cm cubes

1 organic courgette, sliced into 1cm half moons

1-2 organic red chillies, finely chopped (use 1 if you like it mild)

300ml organic coconut milk, shake well before use

150g organic spinach

Juice and zest of ½ organic lime

handful of fresh organic, parsley finely chopped

For the coconut basmati rice

150g organic basmati rice, rinsed

100ml organic coconut milk

There is nothing better than curling up with a warm bowl of curry on a chilly night. This creamy coconut curry is a comforting combination of gentle spices, sweet butternut squash and lentils.

1 Heat the oil in a large heavy-based pot over a medium heat. Add the onion and garlic and sauté for 2 minutes or until softened and fragrant.

2 Stir in the spices and sauté for another minute before tipping in the lentils and 500ml of water. Bring to the boil and then turn the heat down and cover and simmer for about 5 minutes, stirring occasionally.

3 Add the butternut squash and chilli, along with 300ml of coconut milk and a pinch of salt. Cover and let it cook for another 10 minutes, then add the courgette and simmer gently for 5 minutes or until the lentils and vegetables are tender.

4 Meanwhile, prepare the rice. Place the rice in a pot along with 100ml of water, 100ml of coconut milk, and salt and pepper to season. Bring to the boil, and then once boiling, turn the heat down to low and let the rice simmer for 5 minutes or until most of the water has been absorbed. Cover and cook on a very low heat for 10 more minutes. Turn the heat off, remove the lid and fluff the rice with a fork, before letting it sit, covered. It will continue steaming and stay warm whilst you finish preparing the meal.

5 When the curry is almost ready, stir in the spinach. Once wilted, remove the pot from the heat. Check and adjust seasoning to taste. Finish with lime and a sprinkle of fresh parsley, and serve alongside the coconut rice.

For allergens see ingredients in **bold**

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