



JERNEJ KITCHEN

STUFFED BUTTERNUT SQUASH WITH LENTIL DAAL

Stuffed Butternut Squash with Lentil Daal is a simple weeknight vegetarian recipe. This easy dinner is packed with Indian flavors.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
BAKE:	70	MINUTES

LENTIL DAAL

160 g dry red or green lentils
(soaked in water at least 2h before
cooking) (3/4 cup)

1 onion

2 cloves of garlic

1/2 tsp turmeric

1/2 tsp ground cumin

1 thumb-sized piece of fresh ginger

2 tsp coriander seeds

1 green chili

1 tsp ground curry (optional)

freshly squeezed juice of half a lime

80 g crushed tomatoes (3/8 cup or
2.6 oz)

200 g coconut milk (3/4 cups or 7 oz)

STUFFED BUTTERNUT SQUASH

1 kg butternut squash (35 oz)

120 g cooked chickpeas (1/2 cup /
4.2 oz)

2 cloves of garlic

80 g crushed tomatoes (3/8 cup or
2.6 oz)

SOAK LENTILS

Place your lentils in a bowl and cover with water. Soak for at least two hours, ideally overnight.

PREPARE DAAL AND PASTE

Preheat the oven to 220 °C / 430 °F. Drain the lentils. Chop the onion. Place both in a baking dish (approx. 40 x 30 cm / 16 x 12 inch). Add turmeric, cumin, garlic, sliced ginger, coriander seeds, salt, pepper and lime juice to a mortar, then crush into a fine paste with the pestle. Add the fine paste and crushed tomatoes to the lentils in a baking dish. Stir to combine. Pour in 500 ml (2 1/4 cups) of water and coconut milk. Stir to combine.

BAKE THE BUTTERNUT SQUASH AND DAAL

Cut the squash in half lengthwise. Scoop out the seeds with a spoon and discard. Place the squash halves, cut sides facing downwards into a baking dish on top of the lentils. First cover everything tightly with the baking paper, then cover again with two layers of aluminum foil. Place in the oven and bake for about 45 - 50 minutes at 220 °C / 430 °F.

PREPARE THE STUFFING

Add the cooked chickpeas and lime juice to a large bowl. Add the chopped parsley, thinly sliced garlic, crushed tomatoes and stale bread, cut on small chunks. Season with olive oil, salt and pepper. Stir to combine.

BAKE THE STUFFED BUTTERNUT SQUASH

Remove the lentils and Butternut Squash from the oven. Remove the aluminum foil and baking paper. Carefully turn the butternut squash using two spoons so that the cut sides face upwards. Fill the squash with the stuffing. Place bake in the

1 tbsp olive oil

100 g stale white bread, cut on cubes (3.5 oz)

1 handful fresh parsley or coriander

freshly squeezed juice of half a lime

SERVE

2 tbsp coconut oil

2 cloves of garlic

1 tsp sesame seeds

1 tsp black sesame seeds

1 tbsp peanuts

150 g greek yogurt (1/2 cup / 5.2 oz)

1 handful fresh parsley or coriander

[Skillet flatbread](#)

oven and bake for another 15 - 20 minutes at 220 °C / 430 °F.

SERVE

Add coconut oil and thinly sliced garlic to a pan and place over medium - low heat. Cook the garlic for about a minute or until golden. In a bowl, stir to combine yogurt with turmeric. Serve the stuffed butternut squash with lentil daal. Drizzle with coconut oil and garlic mixture. Sprinkle with sesame seeds, chopped peanuts and chopped parsley or coriander. Then add a generous dollop of yogurt and turmeric mixture on top. Optionally you can also serve with flatbread or naan. Enjoy.

TOOLS AND EQUIPEMENT

Sponsored

baking dish (approx. 40 x 30 cm / 16 x 12 inch)

pestle and mortar

baking paper

aluminum foil

large bowl

pan