



# Butternut squash dhal

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## Skills

Peeling

Frying

Boiling

Chopping

Measuring

Simmering

# EQUIPMENT

- ❖ Chopping Board
- ❖ Knife
- ❖ Measuring jug
- ❖ Wooden Spoon
- ❖ Saucepan/frying pan

# INGREDIENTS

- 1 tsp sunflower oil
- 1 onion
- 1 garlic clove
- 1 tsp curry powder medium
- 200g butternut squash
- 200g chopped tomatoes
- 1 heap tsp mango chutney
- 100g split red lentils
- 100g chickpeas
- 500ml vegetable or chicken stock
- 1 block of frozen spinach (optional)

### STEP 1



Dice onion and garlic finely. Peel butternut squash and cube 1cm

### STEP 2



Peel butternut squash and cube 1cm

### STEP 3



Sauté onions and garlic on a low heat until soft. Add curry paste and stir for 30 seconds

### STEP 4



add butternut squash and fry for 1 minute

### STEP 5



Add tinned tomatoes, stock, lentils and chickpeas. Bring to boil and add mango chutney and simmer for 30 minutes or until tender.

### STEP 6



.Serve with boiled rice



Wash dishes

Wipe dishes

Clean surfaces

Put dishes away

Put dirty clothes in washing  
basket

**WASHING UP!!!!**