



# Caribbean Butternut & Lentil Stew

## In the bag:

- Onion
- Garlic
- Butternut Squash
- Celery
- Carrot
- Chilli pepper
- Tin of tomatoes
- Stock cube/s
- Creamed coconut
- Spice bag
- Red lentils

## You'll also need:

- Chopping board
- Sharp knife
- Medium sized pot
- Wooden spoon
  
- 1 tbs. vegetable oil
- 400ml water

## Method:

- Wash all of the vegetables
- Chop the **onion** into small chunks, dice the **celery** and **carrot**, finely chop or slice the **garlic**, deseed and cut the **butternut squash** into chunks, and split and deseed the **chilli** and finely chop
- In the pan, heat some **oil** over a medium heat and fry the **onion** gently until soft, stirring occasionally so it doesn't stick, then add the **garlic** and cook for another two minutes
- Add the **carrots** and **celery** and fry for another few minutes – keep stirring
- Add the **butternut squash** and cook for another five minutes
- Add the **chilli**, the **tomatoes** plus a tins worth of water, the **coconut sachet**, the **spice bag** and crumble in the **stock cube/s** - bring up to a bubble then turn down to a simmer for fifteen minutes
- Stir in the **lentils**, cover and cook for fifteen minutes (check every five minutes and add more water if it starts to stick to the bottom of the pan)

## More about your Caribbean Butternut & Lentil Stew

If you like meat, add it just after the onion and garlic and if you like fish, add it at the end five minutes after stirring in the lentils

This dish is delicious and nutritious as a stand-alone meal served with rice or as a side dish along with jerk chicken or lamb

Add a handful of fresh herbs such as parsley at the end and/or a squeeze of lemon juice

## This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

## Want to make it again? You'll need to buy:

- 1 large onion
- 3 cloves of garlic
- ½ large or 1 small butternut squash
- 2 sticks celery
- 1 large carrot
- 1 chilli pepper
- 1 tin chopped tomatoes
- Vegetable stock cube/s (2 Oxo or 2 Knorr)
- 50g creamed coconut
- 1 tsp. each of white and black pepper, and basil
- ½ tsp. thyme
- 2 tsps. paprika
- 100g red lentils

## Make it in the slow cooker?

Just put all the ingredients in the slow cooker and cook on:

- high for 4 hours or
- low for 6 hours

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking