



# PAUL THOMPSON EVENTS

EST. 2011

East of  
England  
COOP

## Roasted Squash, Kale & Coconut Dahl with homemade Chapatis

Preparation time 15 mins • Cooking time 40 mins • Serves 4 people

### Ingredients

- One butternut squash, peeled & cut into 1cm dice
- One red onion, peeled, halved & sliced
- 3 One red chilli, de-seeded & sliced
- Two cloves garlic, peeled & crushed/chopped
- 400g tin chopped tomatoes
- 400ml tin coconut milk
- One veg stock cube made up with 250ml boiling water
- Two tbsp curry powder (your preference on how hot you like it)
- 200g red lentils, washed
- 120g bag kale
- 300g wholemeal flour
- 150ml water
- Oil
- Salt & pepper

### Method

- Pre-heat your oven to 180°C or gas mark 4
- Add the flour into a mixing bowl with a pinch of salt. Gradually add the water whilst mixing with one hand until the dough comes together but remains soft and sticky. Sprinkle a little flour onto your work surface and knead the dough for around 5 mins. Drizzle with oil and set aside to rest.
- Add the squash to an oven-proof dish, drizzle with oil and roast for 30 mins until soft with a little golden colour.
- Drizzle a tbsp of oil into a pan and add the onion, garlic and chilli and cook on a low heat for 4-5 mins to soften without colour.
- Add the lentils and curry powder to the pan and coat. Add the stock, chopped tomatoes and coconut milk and simmer for 15 minutes until the lentils have softened.
- Whilst the dahl is simmering, take the chapati dough and divide into 4 equal pieces. Heat a dry (oil less) frying pan and roll out the dough to approx. 4-5 mm thick. Add to the pan and cook on each side for approx. 1-2 mins until the dough starts to bubble and brown spots appear. Once the four chapatis are cooked, set aside to keep warm whilst you finish the dahl.
- Remove the roasted squash from the oven and add to the dahl along with the kale. Stir through until the kale wilts, season and serve up alongside the chapatis.

Enjoy!