



Spicily stuffed (butternut) squash

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Ingredients

For 2:

1 butternut squash, halved lengthways
200g can of lentils
1 red onion
a few button mushrooms, halved
150ml hot water
juice of half a lemon

1 tbsp cinnamon
1 tbsp cumin seeds
1 tbsp ground cumin
1 tsp paprika
dash of cayenne pepper
1 tbsp mint
1 tbsp parsley

Instructions

- 1) Drizzle the butternut squash with olive oil and bake for half an hour at 190 degrees C. When cooked through, scoop out the flesh.
- 2) Fry the onion and spices. Add in the lentils, squash and water. Allow to simmer until it's almost absorbed.
- 3) Add the lemon juice and herbs, then place the mixture into each half of the squash. Bake for another 15 minutes and serve with salad.