



## Spicily stuffed (butternut) squash

NIBBLEDISH CONTRIBUTOR

### 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.