

SIMPLE BUTTERNUT SQUASH & SPINACH CURRY



Moderate



40 minutes



Main



04 Servings

INGREDIENTS

1 butternut squash cut in chunks
cooking oil
1 large or 2 small onions, sliced
½ tsp ground dried chilli
1 tsp chopped fresh garlic
1 tsp dried ginger
2 tbsp medium curry powder
1 level tbsp tomato purée
200g baby spinach
200g chickpeas
100g natural yogurt
5 tbsp water
rice of your choice



COOKING STEPS

Preheat the oven to 200C/180C Fan/Gas 6. Line a baking tray with baking paper. Put the butternut squash chunks on the tray and cook in the oven for 25 – 30 minutes or until tender.

Meanwhile, add a little oil in the base of a saucepan and cook the onion, chilli, garlic and ginger for 4 minutes, over a low heat, stirring often.

Add the curry powder, tomato purée and 5 tbsp water and stir over a low heat for another 2 minutes.

Add the spinach and cover the pan and simmer for 6 – 8 minutes, stirring occasionally until the spinach is completely cooked through. Add the chickpeas and butternut squash and heat through.

Stir in the yogurt. Heat until simmering and sauce is desired thickness.