

## **Lentil, Kale and Butternut squash stew**

- 1 tin diced tomatoes
- 2 cups chicken stock (homemade if poss)
- 1 cup puy lentils (this works with any lentils though)
- 1 large butternut squash, cut into small cubes
- 1 onion, diced
- 1 green or red pepper, diced
- 1 tbsp curry powder
- Pinch each of garam masala and cumin
- 3 cloves garlic
- 1 bunch kale, coarsely chopped
- 2 cups water
- 1 courgette diced

Saute onion in a small amount of olive oil (add a splash of water if things start to stick). Add butternut squash, garlic, and curry powder after 3 minutes.

Saute for another 5 more minutes, until everything is tender. Add tin of tomatoes, lentils, stock and water. Simmer on low heat for 45 minutes or until lentils are tender. Add kale and red pepper at the end, so they don't get soggy, and cook for about 10 more minutes! Done!