

Roasted Pumpkin and Red Lentil Dahl

400g fresh or frozen pumpkin chunks (weight before roasting)
2 tablespoons olive oil
1 onion, finely diced
4 cloves garlic, crushed
2 tablespoons madras curry paste
1 teaspoon ground cinnamon
2 tins of coconut milk
250g red lentils
Fresh coriander and coconut yoghurt to serve

Pre-heat oven to 200C and place the pumpkin chunks onto a lined baking tray. Drizzle with 1 tablespoon olive oil and roast in the oven for 30-40 minutes or until soft with browning edges. Transfer the soft pumpkin to a blender or food processor and blend until you've got a smooth pumpkin paste. If your blender struggles, add a little bit of water. Heat the rest of the olive oil in a large non-stick frying pan, add in the diced onion and sauté for 2 minutes before adding the crushed garlic. Add in all of the spices and after giving it all a good stir, add in the red lentils. Stir and cook in the hot pan for 2 minutes, then add the roasted pumpkin puree and coconut milk and reduce the heat to low. Gradually bring to a simmer whilst stirring regularly, allowing for the red lentils to soak up the liquid. Simmer for about 10-15 minutes until the lentils have soaked up the majority of the liquid, your roasted pumpkin dhal should still be creamy at this point. Serve the roasted pumpkin dhal with a spoonful of coconut yoghurt, some fresh coriander and some pumpkin parantha.

