



Squash Lentil Curry

Ingredients:

1 tsp oil
1/2 tsp mustard seeds
4 cloves of garlic (finely chopped)
1/2 medium onion (finely chopped)
1/2 red pepper (chopped small)
8 oz. mushrooms (stems removed and chopped small)
1 inch ginger (finely chopped)
1/2 jalapeno (finely chopped, use a whole one if you prefer more heat)
1/2 tsp turmeric
1 tsp curry powder
1/4 tsp black pepper
1 large tomato (chopped small)
12 oz squash (butternut, acorn or kabocha) raw, peeled and cubed or frozen
1/3 cup red lentils
14 oz can of coconut milk
1/2 cup of water
3/4 tsp salt
3-4 oz of baby spinach
lime juice and cilantro for garnish

Instructions

Instant Pot Instructions:

Start the Instant Pot on sauté. Add the oil and once it has heated, add the mustard seeds and wait for them to sputter or change color. Add the chopped onion, red pepper, mushrooms, garlic, ginger, chili and a pinch of salt. Cook for 2 minutes.
Add the spices and mix well. Add the tomatoes and a 1/4 cup of water and cook for 2 minutes stirring occasionally to avoid sticking.
Add the squash, coconut milk, lentils, water and salt. Mix well to combine and pick up the tomato from the bottom of the pot. Close the lid and pressure cook for 4 minutes. Carefully quick release the pressure slowly once cooking time is done.
Open the lid and fold in the spinach and mix thoroughly. Taste and adjust the amount of salt, heat and flavor. Add a good dash of lime juice. Garnish with pepper flakes or cilantro. Serve over rice, or with flat bread.

Sauce pan instructions:

Follow step 1 and 2 in a saucepan over medium heat.
Add the squash, coconut milk, lentils, salt and water. Partially cover and cook for 12-14 mins or until the lentil and squash are cooked through. Add 1/4 to 1/2 cup more water if the curry is too thick and simmer for a min. Taste and adjust the flavor to your liking, add a dash of lime juice and serve.