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**Butternut squash and red lentil soup**

**Ingredients**

One butternut squash

2 red onions (white are fine or a leek)

Red lentils 200g

5 cloves garlic

½ to 1 tsp red chilli flakes

2 tsp cumin seeds

1 tsp salt

50ml olive oil

**Method**

Put the lentils is a pan, wash the lentils thoroughly until the water runs clear. Cover with water so that there is an inch of water above the lentils. Boil lentils in vegetable / chicken stock until tender.

Dice the butternut squash into approx 1” cubes, put in a roasting dish. Add unpeeled garlic cloves, roughly dices onions, chilli flakes, cumin seeds, salt and oil and mix so everything is coated in oil and spices. Roast gas mark 6/7 until butternut squash is cooked.

Add contents of roasting dish to the lentil and cook together for about 10 minutes – allow to cool and then blend to required consistency. For a creamy soup blend continuously for a more textured / chunky soup, blend by pulsing.

For a more “tangy” taste add a dollop of plain yoghurt and blend again. Check for seasoning and add salt if needed.

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