

Recipes from our pub kitchen

by Amanda Pritchett

Spiced red lentils, roast squash and coriander salsa

A comforting plate for autumn or mid-winter, the spicy, creamy lentils, are offset by sweet squash and sharp bright coriander salsa. Red lentils are thirsty beasts, so you may need to add a bit more stock or water if they become too dry. This dish regularly out-sells steak on our menus.

Ingredients (Serves 4)

1 x crown prince, kabocha or butternut squash cut into wedges and roasted with a little olive oil, salt and pepper until tender - about 45 mins

240g red lentils

40ml olive oil

1 large onion finely chopped

3 cloves garlic

Coriander stalks from the salsa recipe - finely chopped

1 tin chopped tomatoes or 4 fresh tomatoes peeled and chopped

950ml veg stock

A handful of spinach or chard leaves - or shredded spring greens about 100g

Whole spices

1 tsp fennel seeds

1 tsp black mustard seeds

1 tsp nigella seeds

Ground spices

1 tsp turmeric

1 tsp chilli powder or sweet paprika or a mixture

1 tsp ground cumin

Method

While the squash is roasting, put the oil and whole spices in a saucepan big enough to hold at least 2.5 litres. Turn on the heat, and when they start to sizzle, stir in the ground spices, then the chopped garlic, coriander stalks and onion. Add half a tsp salt, stir, put the lid on, turn down the heat, and soften the onion mixture for a few minutes, stirring every half a minute or so. Add the tomatoes, lentils and stock.

Stir, put the lid on and turn the heat to its lowest and simmer for 30 mins, stirring occasionally, then turn off the heat and leave to rest.

You can make the salsa while its simmering. Stir together the following 1 lime (zest and juice), 50ml olive oil, 30g coriander leaves, ½ tsp sugar, 1 clove garlic grated, half a small red onion or shallot finely chopped, as much fresh chopped red chilli as you like - they tend to vary in heat, ½ tsp salt and a pinch of black pepper.

To serve - bring the lentils back to a simmer and add the greens. As soon as they are wilted in, spoon onto plates and put a couple of pieces roast squash on top. Spoon the salsa over the squash.