



PUMPKIN & LENTIL STEW

Prep Time : 10mins
(2-12hrs for lentils)
Cook Time : 30mins
Servings : 4

SEASONINGS

- 1 tbsp Cumin
- 1 tbsp LAiRIE's Tropical seasoning mix
- 2 tsp Garlic granules
- 2 tsp Onion powder
- 2 tsp Cayenne pepper
- Salt to taste

METHOD

- 1) Sauté garlic and onion, on a medium heat in a medium-large frying pan. Once soft and translucent remove roughly half and set aside. Add 2tsp of cumin allowing the aromas to base the dish. Stir for 1-2 minutes.
- 2) Then stir in only 1tsp of garlic granules, 1tsp Tropical seasoning mix and 1tsp onion powder, followed by diced courgette, sweet potato, carrots and pumpkin. Stir and fully integrate the with seasonings additionally to avoid any sticking to the pan. After 3minutes pour the stock in to fully submerge ingredients, then mix in the prepared lentils and increase to a high heat. cover with lid.
- 3) After 12-15minutes add the chopped tomatoes and 1tsp more of cumin, tropical seasoning mix, onion powder and garlic granules and cook for another 10minutes on a slightly higher heat.
- 4) Reduce heat and add the sautéed garlic and onions, cayenne pepper and salt to taste and cover, ensuring there is enough liquid if not add more stock/water(in small additions) cook for another 15-20minutes or until the vegetables are tender and the sauce has thickened slightly.

INGREDIENTS

- 1/2 cup - Green lentils,(Soaked overnight or for 2-4hours) washed x3 times and drained
- 1 small - Onion, diced
- 3 cloves- garlic, minced
- 1 - Zucchini, diced
- 1- Carrot, diced
- 4-5 fresh tomatoes, diced /1 can of tomatoes
- 1 medium- sweet potato, diced into cubes
- ¼ of large -Pumpkin, diced into cubes
- Rapeseed oil
- 2 cups- vegetable stock of your choice/ water