



Summer stew of courgette, squash and tomato



Prep: 20 minutes • Cook: 40 minutes • Serves: 4

Ingredients

2 tablespoons vegetable oil
1 onion, peeled and finely chopped
2 garlic cloves, finely chopped or minced
1 tablespoon tomato purée
1 teaspoon smoked paprika
Small butternut squash (to give about 400g flesh once skin and seeds discarded), peeled and cut into 2cm cubes
300g courgette, cut into 2cm cubes
200ml low-salt vegetable stock
150g dried green lentils
400g large, ripe tomatoes' skins discarded and flesh grated
1 lemon, zested then juiced
100ml soured cream
15g fresh dill, stalks removed and finely chopped

To serve

4 slices sourdough bread

Nutritional info

Low phosphate ✓

Low potassium ✗

Low fat (less than 3g/100g) ✗

Carbohydrate **52g**

Low protein ✓

Low salt ✓

Cost per portion (July 2022) **£2.16**

Energy in kcals **391**

- 1 Heat the vegetable oil in a frying pan, add the sliced onion and cook over a medium heat for about 10 minutes, stirring regularly, until the onion starts to soften and turn a light golden brown.
- 2 Add the garlic, tomato purée and paprika, cooking and stirring for another minute. Then add the butternut squash cubes, and cook for 5 minutes, stirring regularly, until they are browned all over. Next, mix in the courgette cubes and cook for a further 3 minutes to let them brown.
- 3 Add the stock and lentils, bring to the boil, then reduce the heat to a simmer and cook, covered, for about 20 minutes until the vegetables and lentils are cooked through but not mushy. Add the grated tomato and the lemon zest and juice, along with a few grinds of fresh black pepper, and heat through, giving it all a good stir to combine.
- 4 Toast the bread and ladle the stew into four bowls, topping each one with a good spoonful of soured cream and a sprinkle of chopped dill. Serve together immediately.