

## Matthew Flannigan's Butternut Curry Cup

Winner of the November 7<sup>th</sup> "So You(th) Think You Can Cook" competition

### **Ingredients:**

1 ½ cups of cooked lentils  
**½ diced onion**  
**3 cloves of minces garlic**  
**½ diced red pepper**  
**1 diced carrot**  
**1 ½ diced potatoes**  
**3 squash**  
Salt and Pepper  
Pinch of parsley  
Pinch of curry powder  
Pinch of chilly powder  
Pinch of cumin  
Pinch of paprika  
Olive Oil  
1 can coconut milk

### **Method:**

- Carve the squash into 3 bowls
- Dress in olive oil
- Place in oven on 350F until golden brown
- Season with salt and pepper and roast diced potatoes and carrots on the oven
- Saute onions, garlic, add spices and coconut milk
- Add lentils and red pepper
- Adjust flavour
- Add carrots and potatoes from the oven
- Adjust flavour again
- Add the mixture into the squash bowls
- Decorate with croutons, cheese, parsley, grape tomatoes, lettuce, cucumber and grilled zucchini
- Bon Apetit!

\* **Bold** = Ontario Ingredients ☺