

Roasted Butternut Squash Curried Lentils



FOODSERVICE



SERVING SIZE: 4

Ingredients

- 1 tablespoon Olive Oil
- 6 ounces Diced Butternut Squash
- As Needed Salt
- As Needed Pepper
- 2 tablespoons Coconut Oil
- 1/4 cup Golden Raisins
- 1/4 cup Chopped Cashews
- 2 teaspoons Curry Powder
- 2 cups **Furmano's Fully Cooked Lentils**, Drained and Rinsed
- As Needed Salt
- As Needed Red Pepper Flakes
- 2 tablespoons Chopped Green Onion
- 2 tablespoons Chopped Mint

In This Recipe



Fully Cooked Lentils - 24 oz.



Fully Cooked Lentils - 108 oz.



Preparation

1. Preheat oven to 425°.
2. Toss Butternut Squash in Olive Oil and season with Salt and Pepper. Roast in oven for 20-25 minutes until tender.
3. In a sauté pan over medium heat, add Coconut Oil.
4. Next, add Golden Raisins and Cashews. Allow raisins to plump and cashews to toast slightly.
5. Add Curry Powder and sauté for 2 minutes.
6. Add Furmano's Lentils and Roasted Butternut Squash. Heat until 165°.
7. Add Salt, Red Pepper Flakes, Green Onion, and Mint. Mix to incorporate and serve immediately.

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