

**SeacoastCAN (Climate Action NOW)  
Planted for the Planet  
Plant Based Recipes**



**INSTANT POT BUTTERNUT SQUASH LENTIL CURRY**

## **INGREDIENTS**

- 1 1/2 tablespoons unrefined virgin coconut oil, divided
- 1 teaspoon whole cumin seeds
- 1 medium yellow onion, diced
- 1 1/2 teaspoons kosher salt, divided
- 6 garlic cloves, minced
- 1 (2-inch) piece of fresh ginger, finely minced or grated
- 1 tablespoon curry powder
- 1 1/2 teaspoons ground turmeric
- 1/2 teaspoon cayenne pepper (optional, for spiciness)
- 2 tablespoons water
- 5-6 cups (700-850g) peeled and roughly chopped butternut squash, (can buy pre-cut squash)\*
- 1 1/2 cups (360 mL) low-sodium vegetable broth
- 1 cup brown lentils or green lentils
- 1 (15-ounce/ (400 mL) can “lite” coconut milk
- 3 tablespoons cashew butter (can substitute with almond butter or tahini)
- 4 ounces baby kale or baby spinach (or 4-5 large handfuls)
- 1 tablespoon fresh lemon or lime juice
- 1 large handful fresh cilantro, roughly chopped

For serving: white rice and/or flatbread

## **INSTRUCTIONS -Instant Pot Directions**

1. Rinse the lentils and drain them.

2. Select the Sauté setting on the Instant Pot and after a few minutes, add 1/2 tablespoon of the coconut oil, followed by the cumin seeds. Toss for 30-60 seconds until lightly browned and very fragrant.
3. Add the remaining 1 tablespoon oil, followed by the onion and 1/2 teaspoon of the kosher salt. Cook the onion for 4-5 minutes until lightly browned. Then add the garlic and ginger and cook for 1 minute, stirring frequently to prevent sticking.
4. Stir in the curry powder, turmeric, and cayenne (if using) for 30 seconds, adding the 2 tbsp water to prevent the mixture from drying out too much.
5. Add the chopped butternut squash and stir to coat it in the spice mixture. Pour in the vegetable broth and use a wooden spoon or spatula to scrape up any browned bits at the bottom of the pan. Then add the remaining 1 teaspoon kosher salt, the lentils, and coconut milk. Scoop the cashew butter on top but do not stir. This helps prevent the nut butter from sinking to the bottom and possibly triggering the Instant Pot burn warning.
6. Secure the Instant Pot lid and set the Pressure Release to Sealing. Select the Pressure Cook or Manual setting and set the cook time for 10 minutes.
7. Once the timer goes off, allow a natural pressure release. Once the pressure has released, open the pot and stir in the baby kale. Select the Sauté setting and heat for about 2 minutes or until the kale has wilted, then select Cancel. Add the lemon or lime juice and the cilantro and stir to combine.
8. Serve the butternut squash lentil curry over white rice or with flatbread.

### **Stovetop Directions**

1. Heat a deep, heavy skillet or a Dutch oven over medium-high heat. Add 1/2 tablespoon of the coconut oil, and once hot, add the cumin seeds and fry for 30-60 seconds until lightly browned and very fragrant.
2. Add the onions and cook until they are translucent, about 5 minutes. Then add the garlic and ginger and cook for 1-2 minutes until lightly golden and fragrant. Stir in the curry powder, turmeric, and cayenne (if using) until well incorporated.
3. Add the butternut squash, (cut in smaller pieces for stove top) vegetable broth, lentils, coconut milk, and cashew butter. Stir well to combine.
4. Bring the curry mixture to a boil, then reduce the heat, and simmer for about 30 minutes, until the lentils are tender and the squash is cooked through, stirring every few minutes.
5. Add the baby kale and allow to cook for 1-2 minutes until wilted. Add the lemon or lime juice and the cilantro and stir to combine.
6. Serve the butternut squash lentil curry over white rice or with flatbread.

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