



FEEL THE HEAT

Tantalise your taste buds with this deliciously spicy menu

CURRIED BUTTERNUT AND LENTIL SOUP WITH GARLIC NAAN

(Serves 4-6)

CHILLED

- 60g butter

FRESH

- 1 onion
- 3-4 cloves garlic
- 10ml fresh ginger
- 500g butternut
- 4-6 store-bought naan breads
- 15ml fresh coriander, plus extra for garnish
- nuts and seeds

STORE CUPBOARD

- 15ml oil
- 15ml-20ml curry paste
- ½ 410g tin coconut cream
- 30ml tomato paste
- 750ml vegetable or chicken stock
- 410g tin lentils
- salt and milled black pepper

SOUTH AFRICAN
GARDEN AND HOME