



Lentil and Butternut Bobotie

A pregnancy-safe version of the classic Cape Malay bobotie

INGREDIENTS

- 1 cup red lentils (protein + iron)
- 2 cups cubed butternut squash
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp curry powder
- 1 tsp turmeric
- ½ cup milk (or fortified plant milk)
- 2 eggs
- Olive oil

METHOD

1. Cook lentils until tender.
2. Sauté onion, garlic, and spices in olive oil.
3. Add butternut and cook until soft
4. Mix with lentils and place in a baking dish.
5. Beat eggs with milk, pour over mixture.
6. Bake at 180°C until golden.

Notes:

Enjoyed best when shared.