

# Rainbow Chilli

 2 servings

497 Kcal / serving

20g Protein 17g Fat 77g Carbs

## Ingredients

- 1 - **Butternut squash**
- 1 (150g) - **Onion**
- 1 - **Garlic clove**
- 1 (150g) - **Red pepper**
- 1 small (150g) - **Courgette**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 1 teaspoon (5g) - **Ground cumin**
- 1 teaspoon (5g) - **Dried chilli flakes**
- 1 teaspoon (5g) - **Ground turmeric**
- 400g - **Tin chopped tomatoes**
- 400g - **Tin black beans, drained and rinsed**
- 50g - **Natural yoghurt**
- 2 tablespoons (20g) - **Toasted flaked almonds**
- **Freshly ground black pepper**
- **Handful fresh coriander leaves (optional)**



## The Method

Peel the butternut squash and cut in half, then scoop out the seeds and dice the flesh. Peel and finely chop the onion. Peel and crush the garlic. Remove the core from the red pepper and dice. Top and tail the courgette and dice.

Heat a large non-stick pan over a medium heat. Add the oil, then tip in the onion and sauté for 2-3 minutes until softened. Season with pepper. Tip in the butternut squash, red pepper and courgette and sauté for 2-3 minutes.

Stir the spices into the pan and cook for 1-2 minutes, stirring. Stir in the garlic and then tip in the tomatoes and black beans and bring to a simmer. Cover with a lid, then reduce the heat and simmer for 15-20 minutes until all the vegetables are tender.

Divide the rainbow chilli into bowls and add a dollop of yoghurt and scatter over the almonds. Finish with the coriander, if liked to serve.

 Suitable for vegetarians

 Suitable for batch cooking