



## POST WORKOUT SET RECIPE OPTION

# Chickpea, lentil and turkey stew

## INGREDIENTS (1 serving)

### FREEZABLE

- 195g (6.8oz) butternut squash, peeled, deseeded and cut into 2.5cm cubes
- 10g (0.4oz) coconut oil
- 55g (1.9oz) carrot, diced
- 65g (2.3oz) onion, diced
- 1 tbsp fresh ginger, grated
- 1 garlic cloves, grated
- 1 tsp ground cumin
- 1 tsp ground cilantro
- 20g (0.6oz) tomato paste
- 295g (10.4oz) turkey breast, thinly sliced
- 1 stock cube
- 70g (2.4oz) uncooked red lentils or 210g (7.3oz) pre-cooked red lentils
- 80g (2.8oz) tinned chickpeas
- handful of fresh cilantro, chopped
- 1 lime, juice
- 145g (5.1oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

A lovely winter warmer stew that may take a little longer than 15 minutes but is great to bulk cook and have on a cold day. Mess around with the spices to turn the stew into a light curry or go down the Moroccan tip with some cumin and cinnamon. Cooked lentils are used in this recipe – if you would like to cook your own just simmer in water for 15-20 minutes until turning soft.

## METHOD

Whack the butternut squash in the microwave for 4-5 minutes or until just turning soft.

While the squash is in the microwave, heat a medium-sized frying pan over a medium heat and soften the onions, carrot, ginger and garlic for 4-5 minutes in the coconut oil. Once the vegetables are soft add the dried spices, tomato paste, turkey, squash, stock cube and enough water to cover the veg and turkey. Bring to the boil and simmer for 4-5 minutes or until the turkey is cooked through.

When the turkey is cooked, stir through the lentils, chickpeas, cilantro and a squeeze of fresh lime. Make sure the lentils and chickpeas are nice and hot then serve the stew alongside a portion of your favorite green vegetables.