Butternut squash with spiced lentils & feta

- 3 small butternut squash , about 600g each
- olive oil
- 150g Puy lentils
- 3 onions , peeled, halved and thinly sliced
- 3 garlic cloves peeled and finely chopped
- 3 tsp cumin seeds
- 3 tsp ground cumin
- 3 tsp ground cinnamon
- 1½ tsp sweet paprika
- a pinch cayenne pepper
- 225g feta cheese , crumbled
- 60g pine nuts
- 3 tbsp chopped mint
- 3 tbsp chopped flat-leaf parsley
- 1 lemon , juiced
- seeds from ½ pomegranate

1. Heat the oven to 200C/fan 180C/gas 6. Wash the butternut squash and carefully cut it in half lengthways. Using a spoon, scoop out the seeds and fibrous centre and discard. Put the squash halves on a baking tray cut- side up, drizzle with 1 tbsp olive oil, season and roast in a hot oven for approx 35 minutes or until the flesh is tender. Remove from the oven and allow to cool slightly.

2. While the squash is cooking, simmer the lentils for about 30 minutes, until al dente, and drain. (You could use 300g pre-cooked lentils, or cook the lentils ahead of time).

3. When the squash is cool enough to handle scoop out some flesh, leaving a border of 1cm, then roughly chop the flesh and put it in a bowl. (This can be done in advance).

4. Heat 3 tbsp olive oil in a large frying pan, add the onions and garlic and cook until beginning to caramelise, about 10 minutes. Add the spices and cook for two minutes more. Add the lentils, reserved squash and 300ml of hot water and simmer for 8 minutes (until most of the water has been absorbed). Remove from the heat and stir through the feta, pine nuts, herbs and lemon juice. Season to taste with salt and pepper. (Again the filling could be made ahead of time and the squash re-heated as required).

5. Spoon the mixture equally between squash halves and cook in the oven for 10-15 minutes. Serve sprinkled with pomegranate seeds and the tahini yoghurt.