Savoury Butternut Squash Raita

**Ingredients:**

* 2 cups of butternut squash raw, 1 ¼ cup cooked and mashed

**Flavours/spices**

* ¼ cup Curry leaves
* Fresh coriander for garnish
* ½ tsp of cumin seeds
* ½ tsp of mustard seeds
* 2 small green chilies chopped
* ¼ cup of crushed raw peanuts
* 1 teaspoon of butter or oil
* 1 cup of yogurt
* ¼ teaspoon of salt
* ¼ teaspoon of chili powder (optional)
* ¼ teaspoon of black pepper
* ¼ teaspoon of turmeric powder

**Directions:**

1. Cook squash until soft and then mash, set aside to cool off.
2. Melt butter in pan, once warm, add mustard seeds, cumin seeds, coriander, curry leaves, and chilies.
3. Once most of the butter is absorbed, add peanuts until they are roasted.
4. Once roasted, transfer into a bowl to cool off.
5. In a separate bowl add the yogurt and squash together, stir until combined.
6. Add salt, chili powder, black pepper, turmeric, and the peanut mixture. Stir until combined.

**Pairings:**

* With veggies as a dip
* Add on top of salad
* With roti
* As a spread for sandwich’s
* On top of a baked potato
* In a wrap
* Etc.

Yields 2 cups

1 cup= 1 serving = 1 veg serving, 1 protein serving