




Product Spotlight: Hemp Seeds


Hemp seeds are a great source of protein! One tablespoon gives you over 9g of protein, which is a significant amount seeing that the recommended daily intake of protein is 46g for women and 64g for men.



4 Charred Veggie Skewers with Hemp Pesto

Grilled veggie skewers on a bed of oregano and lemon dressed millet, served with a cheesy sun-dried tomato pesto.

 35 minutes

 2 servings

 Plant-Based

3 August 2020

Mix it up!

This dish can be transformed into a warm roast vegetable salad. Dice and roast the vegetables. Thin out the pesto with some water or olive oil and toss all together with the millet. Add some toasted nuts for crunch.

Per serve: **PROTEIN** 18g **TOTAL FAT** 25g **CARBOHYDRATES** 71g

FROM YOUR BOX

MILLET	1 packet (100g)
RED ONION	1/2 *
YELLOW SQUASH	3
TOMATO	1
GREEN CAPSICUM	1/2 *
SMALL EGGPLANT	1
SEMI-DRIED TOMATOES	1 packet
HEMP/NUTRITIONAL YEAST	1 packet (20g)
OREGANO	1 packet
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, tomato paste, skewers (optional)

KEY UTENSILS

saucepan, oven tray, stick mixer or blender

NOTES

Cook the skewers on a grill pan or BBQ instead for extra charring.

If you prefer to not make the skewers you can assemble this dish as a bowl or a tossed roast veggie salad instead!



1. COOK THE MILLET

Set oven to 220°C.

Place millet in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE THE SKEWERS

Cut onion, squash, tomato, capsicum and eggplant into even pieces. Toss together with **2 tsp smoked paprika, 1 tsp tomato paste, oil, salt and pepper**. Thread evenly onto skewers and roast on a lined oven tray for 20 minutes until charred.



3. MAKE THE PESTO

Roughly chop 1/2 the semi-dried tomatoes (reserve 1/2 for the millet). Blend together with hemp seed/nutritional yeast mix and **1/2 cup water** until smooth. Loosen with **olive oil** if needed and season with **salt and pepper**.



4. DRESS THE MILLET

Roughly chop 1/2 the oregano leaves. Whisk together with 1/2 the lemon juice (wedge remaining) and **2 tbsp olive oil**. Toss through cooked millet and season with **salt and pepper**.



5. FINISH AND PLATE

Roughly chop remaining sun-dried tomatoes and toss through the millet. Divide among plates with veggie skewers and pesto. Garnish with remaining oregano leaves and lemon wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

