



Product Spotlight: Sorghum

Sorghum is one of the oldest known grain originating in Africa and India. It is a delicious and nutritious gluten-free grain that is high in protein and low in fat.



G4 Pork Koftas with Sorghum Parsley Salad

Pork koftas flavoured with warm allspice, served with a fresh salad of sorghum and parsley tossed through a bright and zingy lemon dressing.

 25 minutes

 4 servings

 Pork

28 January 2022

Switch it up!

You could use pork mince, red onion and cherry tomatoes to make kebabs if you prefer. Thread the ingredients onto skewers and cook over the BBQ. Serve with the sorghum and parsley salad.

Per serve: **PROTEIN** 33g **TOTAL FAT** 7g **CARBOHYDRATES** 19g

FROM YOUR BOX

SORGHUM	1 packet (200g)
LEMON	1
RED ONION	1
PARSLEY	1 bunch
PORK MINCE	600g
GREEN BEANS	1 bag (150g)
CHERRY TOMATOES	1 bag (400g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground allspice

KEY UTENSILS

large frypan, saucepan

NOTES

You can form the koftas onto skewers if preferred.

Blanch the green beans in hot water for 1-2 minutes if you prefer them cooked.



1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15-18 minutes or until tender. Drain and rinse under cold water.



2. MAKE THE DRESSING

Zest and juice lemon. Add to a large bowl along with **3 tbsp olive oil, salt and pepper**. Dice red onion, reserve 1/4 for step 3, add remaining to dressing. Stir to combine.



3. MAKE THE KOFTAS

Finely slice parsley leaves. Add 1/4 to a large bowl (reserve remaining) along with pork mince, reserved red onion, **2 tsp allspice, salt and pepper**. Use oiled hands to form into 8 long koftas (see notes).



4. COOK THE KOFTAS

Heat a large frypan over medium-high heat with **oil**. Add koftas and cook, turning occasionally, for 8-10 minutes or until cooked through.



5. TOSS THE SALAD

Meanwhile, trim and slice green beans (see notes) and halve or quarter cherry tomatoes. Add to bowl with dressing along with sorghum and reserved parsley. Toss until well combined.



6. FINISH AND SERVE

Divide the salad among shallow bowls and serve with koftas.

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

