



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Millet

Millet is gluten free, rich in protein and fibre. It contains large numbers of polyphenols which act as antioxidants and may help prevent heart disease, cancers and diabetes.



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Moroccan Tagine with Millet

Classic Moroccan flavours from Turban Chopsticks cooked with mixed beans and vegetables served over millet. Finished with a dollop of minted coconut yoghurt.



25 minutes



2 servings



Plant-Based

18 February 2022

Bulk it up!

If you have extras dropping in for dinner this dish is easy to bulk up. Add potatoes, pumpkin, sweet potato or any other vegetable in the crisper. Add a little extra cumin, paprika and cinnamon to build the flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	21g	86g

FROM YOUR BOX

MILLET	1 packet (100g)
BROWN ONION	1
MOROCCAN SPICE MIX	1 packet (20g)
COURGETTES	3
TINNED TOMATOES	400g
TINNED MIXED BEANS	400g
MINT	1 bunch
COCONUT YOGHURT	1 tub (125g)
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (we used red wine vinegar), stock cube

KEY UTENSILS

large frypan, saucepan

NOTES

Use extra mint to stir through the millet. Use to taste.



1. COOK THE MILLET

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. Return to pan and mix through **1 tbsp olive oil, salt and pepper**.



2. FRY THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add onion along with spice mix. Cook for 3 minutes.



3. ADD THE VEGETABLES

Halve and roughly dice courgettes. Add to pan along with tomatoes and mixed beans (include liquid). Stir in **1/2 cup water and stock cube**. Semi cover and simmer for 10 minutes.



4. MIX THE YOGURT

Chop mint and mix 2 tbsp through yoghurt with **1/2 tbsp vinegar and 1/2 tbsp olive oil**. Season to taste with **salt and pepper**.



5. ADD THE SPINACH

Roughly chop spinach. Stir through tagine and cook for further 2 minutes or until spinach has cooked to your liking. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve millet into bowls and top with tagine and a dollop of minted yoghurt. Sprinkle with extra chopped mint (see notes).

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**

