



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Green Beans

Green beans contain cholesterol-lowering soluble fibre plus vitamins and minerals for healthy eyes and bones.



12 Roasted Italian Veg with Basil Dressed Sorghum

Roasted onion, tomatoes and zucchini served over sorghum and green beans, topped with kalamata olives, almond milk mozzarella and a fresh basil dressing.



30 minutes



2 servings



Plant-Based

23 September 2022

Mix it up!

Add the olives and the mozzarella onto the tray with the roasted vegetables for the last 5 minutes of cooking time if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	10g	35g	45g

FROM YOUR BOX

SORGHUM	100g
GREEN BEANS	150g
SHALLOT	1
TOMATO	1
COURGETTES	2
BASIL	1 packet (10g)
LEMON	1
KALAMATA OLIVES	1 tub (100g)
ALMOND MILK MOZZARELLA	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 clove garlic, dried oregano, maple syrup

KEY UTENSILS

saucepan, oven tray, stick mixer or small blender

NOTES

If preferred, toss all the components together.



1. COOK THE SORGHUM

Set oven to 220°C.

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15 minutes. Trim and cut beans into 3cm pieces, add to saucepan. Cook for a further 2-3 minutes until sorghum is tender. Drain and rinse under cold water.



4. PREP OLIVES AND CHEESE

Halve olives and dice cheese.



2. ROAST THE VEGETABLES

Wedge shallot and halve tomato. Cut courgettes into rounds. Toss on a lined oven tray with **1 tsp dried oregano, oil, salt and pepper**. Roast for 15 minutes or until tender.



5. DRESS THE SORGHUM

Add half dressing and cheese into the sorghum and green beans. Toss together.



3. MAKE THE DRESSING

Roughly chop basil and crush **garlic**. Zest lemon to yield 1/2 tsp and juice 1/2 lemon (wedge remaining). Blend together in a jug with **2 tbsp olive oil, 1 tbsp water** and **1/2 tsp maple syrup**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide sorghum mix between bowls. Top with roasted vegetables, olives and cheese. Drizzle with remaining dressing to taste and add a lemon wedge (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**

