



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.



## 14 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



4 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
	6g	21g	28g

## FROM YOUR BOX

SORGHUM	200g
GREEN BEANS	250g
RED ONION	1
TOMATOES	2
ZUCCHINI	1
BASIL	1 packet (60g)
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.



### 2. ROAST THE VEGETABLES

Wedge onion and halve tomatoes. Cut zucchini into crescents. Toss on a lined oven tray with **1/2 tbsp dried oregano, oil, salt and pepper**. Roast for 15 minutes or until tender.



### 3. MAKE THE DRESSING

Roughly chop basil (keep some for garnish) and crush **garlic**. Zest and juice 1/2 lemon (wedge remaining). Blend together in a jug with **3 tbsp olive oil, 2 tbsp water** and **1 tsp maple syrup**. Season to taste with **salt and pepper**.



### 4. PREP OLIVES AND CHEESE

Halve olives and dice cheese.



### 5. DRESS THE SORGHUM

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



### 6. FINISH AND SERVE

Divide sorghum mix between bowls. Top with roasted vegetables, olives, cheese and reserved basil leaves. 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**

