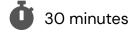




Roasted Italian Veg

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.







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.

TOTAL FAT CARBOHYDRATES

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.



4. PREP OLIVES AND CHEESE

Halve olives and dice cheese.



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.



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).



