



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



14

## Summer Roasted Veggie Tray

### with Dill Drizzle

A rainbow collection of vegetables roasted with mixed beans, olive oil and balsamic vinegar and served with sorghum and a dill and coconut yoghurt.



30 minutes



4 servings



Plant-Based

11 November 2022

## Change it up!

*You can easily use fresh thyme in this recipe, increasing the amount to 1 tbsp. If preferred, you could use dried oregano, rosemary or ground paprika to toss the vegetables.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	26g	43g

## FROM YOUR BOX

SORGHUM	200g
RED ONION	1
TOMATOES	3
RED CAPSICUM	1
ZUCCHINI	1
TINNED MIXED BEANS	2 x 400g
DILL	1 packet (10g)
COCONUT YOGHURT	1 tub (200g)
WATERCRESS	1 sleeve

## FROM YOUR PANTRY

olive oil, salt, pepper, dried thyme, balsamic vinegar, 1 clove garlic

## KEY UTENSILS

saucepan, oven tray, stick mixer or small food processor.

## NOTES

You can leave the garlic out if preferred, or add it to the roast vegetable tray and then add it to the sauce.



### 1. COOK THE SORGHUM

Set oven to 200°C.

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



### 2. ROAST THE VEGETABLES

Wedge onion and tomatoes. Dice capsicum and zucchini. Drain beans. Toss together on a lined oven tray with **3 tbsp olive oil, 1 tbsp vinegar, 1/2 tsp thyme, salt and pepper**. Roast for 20 minutes or until tender and golden.



### 3. MAKE THE SAUCE

Roughly chop dill and **garlic (see notes)**. Place into a jug with yoghurt, **1 tbsp olive oil, 1/2 tsp vinegar, salt and pepper**. Blend to a smooth sauce.



### 4. PREPARE THE WATERCRESS

Wash and roughly chop watercress. Place into a bowl.



### 5. FINISH AND PLATE

Divide sorghum among bowls. Add roasted vegetables and beans, spooning over any liquid from the tray. Top with watercress and drizzle with sauce to taste.

**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**

