



Product Spotlight: Sorghum

Sorghum is high in protein and fibre, and low in fat. Not just a food resource, it is one of the most important cereal crops worldwide and is also used in the production of biofuels.



Mushroom Souvlaki Bowl with Garlic Dressing

Smokey button mushrooms on a bed of sorghum with freshly diced vegetables and olives, all dressed with a lemon and garlic dressing.



25 minutes



4 servings



Plant-Based

10 March 2023

Change the dressing!

Skordalia is a tasty Greek sauce made from garlic paste, lemon juice and olive oil. If you find the flavour a little punchy, you can use 1/2 and mix it with coconut yoghurt or hummus.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	30g	51g

FROM YOUR BOX

SORGHUM	200g
SKORDALIA DIP	1 tub
LEMON	1
RED CAPSICUM	1
SHALLOT	1
BABY CUCUMBERS	1 punnet
SICILIAN OLIVES	1 jar
SUNFLOWER/PEPITA SEED MIX	1 packet
BUTTON MUSHROOMS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, soy sauce or tamari, smoked paprika

KEY UTENSILS

large frypan, saucepan

NOTES

You can add some dried oregano to the mushrooms if you have some!

Any leftover garlic dressing can be used as a dip either on its own or blended with chickpeas!



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1. COOK THE SORGHUM

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. PREPARE THE DRESSING

Combine skordalia dip with zest and juice from 1/2 lemon (wedge remaining) and **3 tbsp water**. Set aside.



3. PREPARE THE TOPPINGS

Dice capsicum, finely slice shallot and slice cucumbers. Toss together with **olive oil**. Drain olives. Set aside.



4. TOAST THE SEEDS (OPTIONAL)

Place seed mix in a dry frypan. Toast for 2–4 minutes until golden. Remove from pan and set aside.



5. GRILL THE MUSHROOMS

Combine **1 tbsp soy sauce** and **1/2 tbsp paprika** (see notes). Quarter mushrooms and toss to coat. Reheat frypan over medium-high heat with **oil**. Cook mushrooms for 3–5 minutes until tender.



6. FINISH AND SERVE

Divide sorghum among bowls. Top with mushrooms and toppings. Spoon over dressing to taste, garnish with seed mix and serve with lemon wedges.

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