



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Red Cabbage

Red cabbage is chock full of anthocyanin, a specific type of powerful antioxidant. It can help boost eyesight as well as keep your liver healthy!



K2

## Buddha Bowl

### with Millet and Green Goddess Dressing

Smokey, garlicky enoki mushrooms and fresh vegetables served on fluffy millet. Topped with a toasted seed mix and a drizzle of the gorgeous Green Goddess dressing from local GH Produce.



25 minutes



2 servings



Plant-Based

9 December 2022

## Make Tacos!

*Serve the enoki mushrooms and fresh veggies in soft corn tortillas instead for a Mexican-style dish! Dress the red cabbage with vinegar and drizzle with Green Goddess dressing for serving.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	25g	89g

## FROM YOUR BOX

MILET	100g
RED CAPSICUM	1
AVOCADO	1
RED CABBAGE	1/4
SESAME & SUNFLOWER SEEDS	1 packet (40g)
ENOKI MUSHROOMS	1 packet (200g)
GREEN GODDESS DRESSING	1 bottle (100ml)

## FROM YOUR PANTRY

oil for cooking, pepper, garlic (1 clove), smoked paprika, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you prefer, lightly pickle the cabbage with a little sugar and vinegar or pan fry it with oil, salt and pepper until just softened.



### 1. COOK THE MILLET

Place millet in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse in cold water. Press down in a sieve to squeeze out excess liquid.



### 2. CHOP FRESH INGREDIENTS

Slice capsicum and avocado. Thinly shred red cabbage (see notes).



### 3. TOAST THE SEEDS

Heat a frypan over medium high heat. Add seeds and cook for 2–3 minutes until golden. Remove from pan, keep pan over heat.



### 4. COOK THE MUSHROOMS

Add **oil** to frypan. Crush and add **garlic**, **1 tsp smoked paprika** and mushrooms, broken into clumps. Cook, tossing, for 2–3 minutes. Season with **1 tbsp soy sauce** and **pepper**.



### 5. FINISH AND SERVE

Construct bowls with millet, fresh ingredients and mushrooms. Sprinkle over seeds and drizzle with dressing 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](mailto:hello@dinnertwist.com.au)

