



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.



Mix it up!

Dice zucchini and shallot, toss with oil, salt and pepper, and roast on a tray along with the arancini. Warm the sauce. Serve arancini and vegetables on sorghum with sauce and dressed spinach leaves.

K2 Golden Arancini with Tomato and Vegetable Sauce

Oven-baked arancini from The Gluten Free Lab, with a rich tomato sauce, served over sorghum and finished with cashew parmesan.



25 minutes



2 servings



Plant-Based

FROM YOUR BOX

SORGHUM	100g
ARANCINI	1 packet (8)
SHALLOT	1
ZUCCHINI	1
PASTA SAUCE	1 jar (350g)
BABY SPINACH	1 bag (60g)
CASHEW PARMESAN SPRINKLES	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Stir the sorghum through the sauce if preferred.



1. COOK THE SORGHUM

Set oven to 200°C.

Place sorghum in a saucepan and cover with water. Bring to the boil and simmer for 18–20 minutes or until tender. Drain and rinse under cold water.



2. COOK THE ARANCINI

Place arancini on a lined oven tray and bake for 12–15 minutes.



3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Slice shallot and grate zucchini adding to pan as you go, along with **1 tsp oregano**. Cook for 4–5 minutes.



4. ADD THE SAUCE

Pour sauce into frypan along with **1 jar water**. Simmer, covered, for 8–10 minutes.



5. ADD THE SPINACH

Stir through spinach and simmer until cooked to your liking. Season with **salt and pepper**.



5. FINISH AND SERVE

Divide sorghum among bowls (see notes). Top with sauce and arancini. Garnish with parmesan sprinkles.

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**

