



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sorghum


Sorghum is a type of grass that can grow up to 8 feet tall. It is full of fibre and protein, and it tastes like popcorn when popped.



## K2 Sorghum Goodness Bowl with Avocado Dressing

Roasted tomatoes, beetroot and courgettes combined with dressed sprouts, pumpkin bites and sorghum. Finished with a creamy avocado dressing.

 30 minutes

 2 servings

 Plant-Based

8 April 2022

## Keep it fresh!

*Instead of roasting the beetroot and cherry tomatoes, dice and add to the bowl fresh. Add diced avocado and make a dressing of vinegar, oil, ground cumin, maple syrup, salt and pepper to drizzle over all.*

Per serve: **PROTEIN** 17g **TOTAL FAT** 30g **CARBOHYDRATES** 63g

## FROM YOUR BOX

SORGHUM	150g
BEETROOT	1
CHERRY TOMATOES	1 bag (200g)
COURGETTES	2
FALAFEL/ PUMPKIN BITES	1 packet
AVOCADO	1
LIME	1
TRIO OF SPROUTS	1 punnet
DRIED CRANBERRIES	1 packet (20g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, thyme, ground cumin, apple cider vinegar

## KEY UTENSILS

oven trays x 2, saucepan, stick mixer or small blender

## NOTES

If you have room add the bites to the vegetable tray, or you can cook them in a frypan with a little oil.

Add a little extra water, if needed, to reach a drizzling consistency.



### 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 15–20 minutes or until tender. Drain and rinse under cold water.



### 2. ROAST THE VEGETABLES

Dice beetroot, halve cherry tomatoes and cut courgettes into wedges. Toss on a lined oven tray with **oil, 1 tsp thyme, 1 tsp cumin, salt and pepper**. Roast for 15–20 minutes until tender.



### 3. COOK THE PUMPKIN BITES

Line a second oven tray (see notes) and add pumpkin bites. Cook for 15 minutes until golden and crispy (see notes).



### 4. MAKE THE SAUCE

Roughly chop avocado and place into a jug with zest and juice of half lime (wedge remaining), **1/2 cup water, salt and pepper**. Blend using a stick mixer until smooth and creamy (see notes).



### 5. TOSS THE SPROUTS

Halve snow pea sprouts and toss together along with other sprouts (use to taste), **1 tbsp olive oil, 1 tbsp apple cider vinegar, salt and pepper**.



### 6. FINISH AND SERVE

Divide sorghum between bowls. Top with roasted vegetables, sprouts and avocado dressing. Sprinkle with cranberries and add a lime wedge.

**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**

