



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!



K4

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



4 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
	15g	16g	67g

FROM YOUR BOX

MILET	200g
LEBANESE CUCUMBER	1
AVOCADO	1
RED CAPSICUM	1
RED CABBAGE	1/4
SESAME & SUNFLOWER SEEDS	1 packet (60g)
ENOKI MUSHROOMS	1 packet (360g)
GREEN GODDESS DRESSING	1 bottle (100ml)

FROM YOUR PANTRY

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

KEY UTENSILS

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 cucumber, avocado and red capsicum. Thinly shred red cabbage (see notes). Keep separate on a plate.



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**, **1/2 tsp smoked paprika** and mushrooms, broken into clumps. Cook, tossing, for 2–3 minutes. Season with **1/2 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**

